

Recap: What do we know about Tri-Golf?

Lesson 1/6

To create a small course with 6–8 activities in Tri-Golf

EDSTART KNOW

- I know how to use a putter for rolling and a chipper for lifting.
- I know what makes a hole harder or easier (distance, obstacles, target size).
- I know the importance of controlling direction when playing.

EDSTART GO

- I can create and play a golf hole with obstacles and targets.
- I can choose the correct club for the type of shot.
- I can control the ball's direction through different activities.

EDSTART SHOW

- I can design a hole that challenges myself and others.
- I can explain why I chose a certain club or shot.
- I can demonstrate control by completing my hole with accuracy

Recap: To create a small course with 6–8 activities in Tri-Golf

Lesson 2/6

To play a round of Tri-Golf and be able to keep score

EDSTART KNOW

- I know how to keep score fairly in golf.
- I know which club to use for putting or chipping.
- I know how to aim my body and club face at the target.

EDSTART GO

- I can play a mini round of golf using different clubs.
- I can keep an accurate score on a scorecard.
- I can work with my team to complete challenges.

EDSTART SHOW

- I can demonstrate keeping fair and accurate scores in a group game.
- I can explain how shot choice affected my score.
- I can support my peers in playing a round responsibly.

Recap: What do we know about Frisbee?

Lesson 3/6

To understand the rules of Frisbee Golf and to be able to compete against themselves and others

EDSTART KNOW

- I know the rules of Frisbee Golf (taking turns, scoring throws, following the course).
- I know how to keep score in a fair way.
- I know why rules make competition safe and fair.

EDSTART GO

- I can throw the Frisbee with control while following rules.
- I can play through a course, counting my throws.
- I can avoid hazards while completing holes.

EDSTART SHOW

- I can demonstrate playing by the rules of Frisbee Golf.
- I can explain why following rules keeps the game safe and fair.
- I can lead my team in keeping scores accurately.

Recap: To understand the rules of Frisbee Golf and to be able to compete against themselves and others

Lesson 4/6

To understand the concept of creating a course is to challenge pupils' ability for Frisbee Golf

EDSTART KNOW

- I know how to design a Frisbee Golf hole with obstacles and challenges.
- I know which throws (forehand, backhand) suit different holes.
- I know accuracy is more important than power.

EDSTART GO

- I can create my own Frisbee Golf hole with targets and hazards.
- I can adapt my throws depending on the course.
- I can keep score fairly while playing my course.

EDSTART SHOW

- I can design a challenging but fun course for others to try.
- I can explain how obstacles change the difficulty of a hole.
- I can support others by helping them complete my course.

Recap: What do we know about archery?

Lesson 5/6

To set up their shot in archery

EDSTART KNOW

- I know how to stand on the shooting line with my least dominant foot forward.
- I know how to hold, draw, and aim the bow correctly.
- I know calm focus helps me prepare for a shot.

EDSTART GO

- I can load an arrow and set up a shot with correct stance.
- I can draw the bow smoothly and aim at a target.
- I can release safely while keeping my posture steady.

EDSTART SHOW

- I can demonstrate setting up a safe and accurate shot.
- I can explain what makes a good setup (stance, grip, calmness).
- I can give feedback to a partner about their setup.

Recap: To set up their shot in archery

Lesson 6/6

To release and follow through when taking the shot in archery

EDSTART KNOW

- I know aiming is aligning my eye, string, and arrow.
- I know rushing the release makes the shot go off target.
- I know calm breathing and follow-through help accuracy.

EDSTART GO

- I can aim my arrow at a target with control.
- I can keep my muscles strong and steady while sighting.
- I can release smoothly with a follow-through.

EDSTART SHOW

- I can demonstrate aiming and releasing with good alignment.
- I can explain how focus and breathing improve accuracy.
- I can help a partner improve their aiming technique.