

**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**

| <b>EDSTART KNOW</b>   | <b>EDSTART GO</b>  | <b>EDSTART SHOW</b>  |
|---|--|--|
| <ul style="list-style-type: none"><li>I know the rules of Frisbee Golf (taking turns, scoring throws, following the course).</li><li>I know how to keep score in a fair way.</li><li>I know why rules make competition safe and fair.</li></ul> | <ul style="list-style-type: none"><li>I can throw the Frisbee with control while following rules.</li><li>I can play through a course, counting my throws.</li><li>I can avoid hazards while completing holes.</li></ul> | <ul style="list-style-type: none"><li>I can demonstrate playing by the rules of Frisbee Golf.</li><li>I can explain why following rules keeps the game safe and fair.</li><li>I can lead my team in keeping scores accurately.</li></ul> |

**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**

| <b>EDSTART KNOW</b>  | <b>EDSTART GO</b>   | <b>EDSTART SHOW</b>  |
|--|---|--|
| <ul style="list-style-type: none"><li>• I know how to design a Frisbee Golf hole with obstacles and challenges.</li><li>• I know which throws (forehand, backhand) suit different holes.</li><li>• I know accuracy is more important than power.</li></ul> | <ul style="list-style-type: none"><li>• I can create my own Frisbee Golf hole with targets and hazards.</li><li>• I can adapt my throws depending on the course.</li><li>• I can keep score fairly while playing my course.</li></ul> | <ul style="list-style-type: none"><li>• I can design a challenging but fun course for others to try.</li><li>• I can explain how obstacles change the difficulty of a hole.</li><li>• I can support others by helping them complete my course.</li></ul> |

**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.