

**Recap: What do we know about Tri-Golf?**

**Lesson 1/6**

# **To understand each type of shot in Tri-Golf**

## **EDSTART KNOW**

- I know the difference between a putter and a chipper.
- I know that a small swing makes the ball go a short distance and a big swing makes it go further.
- I know how to stand correctly to control the direction of the ball.

## **EDSTART GO**

- I can set up the correct stance for both putter and chipper.
- I can hit the ball with control, adjusting swing size for distance.
- I can keep the ball travelling in a straight line towards my target.

## **EDSTART SHOW**

- I can demonstrate a putt and a chip to others.
- I can explain how stance and swing affect distance and direction.
- I can give feedback to a partner about how to improve their shot

**Recap: To understand each type of shot 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 set up a mini golf hole with a target.
- I know how to count the number of strokes taken to complete a hole.
- I know teamwork helps when playing a group golf game.

## **EDSTART GO**

- I can play a hole using putting and chipping skills.
- I can keep score fairly and accurately.
- I can work with my team to decide the best shot.

## **EDSTART SHOW**

- I can demonstrate playing through a hole with correct scoring.
- I can explain how aim, distance, and control affect success.
- I can lead my team in planning shots for a mini-course.

**Recap: What do we know about Frisbee?**

**Lesson 3/6**

# **To understand the different force needed when throwing the Frisbee**

## **EDSTART KNOW**

- I know that different amounts of force change the Frisbee's distance.
- I know how to stand sideways to my target when throwing.
- I know power comes from stepping forward and using my hips.

## **EDSTART GO**

- I can throw the Frisbee with control at different distances.
- I can judge how much force is needed for short, medium, and long throws.
- I can hit a target by adjusting the power of my throw.

## **EDSTART SHOW**

- I can demonstrate a controlled throw using different amounts of force.
- I can explain how to adjust power for distance and accuracy.
- can give feedback to a partner about their Frisbee throw.

**Recap: To understand the different force needed when throwing the Frisbee**

## **Lesson 4/6**

# **To understand the difference in body positions when throwing the Frisbee**

### **EDSTART KNOW**

- I know my body should be side-on to the target with weight on my back foot.**
- I know different body positions are needed for backhand and forehand throws.**
- I know transferring weight helps with accuracy and power.**

### **EDSTART GO**

- I can use the correct body position for different Frisbee throws.**
- I can throw with balance while stepping into the movement.**
- I can adapt my stance depending on the throw I need.**

### **EDSTART SHOW**

- I can demonstrate a forehand and backhand throw to others.**
- I can explain how body position changes the accuracy of a throw.**
- I can correct a partner's stance to help them improve.**

**Recap: What do we know about archery?**

## **Lesson 5/6**

# **To understand the technique of drawing the bow in archery**

### **EDSTART KNOW**

- I know to pull the string towards the side of my face.
- I know my elbow should be high and slightly in front of the arrow.
- I know to keep my back and shoulder muscles strong when drawing.

### **EDSTART GO**

- I can draw the bow using correct technique.
- I can aim steadily while keeping my body strong and balanced.
- I can release with control after a smooth draw.

### **EDSTART SHOW**

- I can demonstrate drawing the bow with correct form.
- I can explain why posture and muscle strength are important in archery.
- I can help a partner improve their draw technique.

**Recap: To understand the technique of drawing the bow in archery**

## **Lesson 6/6**

# **To understand the technique of aiming the arrow in archery**

### **EDSTART KNOW**

- I know aiming is aligning my eye, string, and arrow.
- I know I must keep my muscles active during sighting.
- I know calm breathing helps with accuracy.

### **EDSTART GO**

- I can aim my arrow towards a target with focus.
- I can keep my body steady and strong while sighting.
- I can release my arrow smoothly at the right moment.

### **EDSTART SHOW**

- I can demonstrate aiming with proper alignment and follow-through.
- I can explain how eye-string-arrow alignment improves accuracy.
- I can give feedback to a partner's aiming technique.