

Recap: What do we know about Tri-Golf?

Lesson 1/6

To develop the stance needed when using a Tri-Golf club

EDSTART KNOW

- I know how to stand sideways to the ball with feet shoulder-width apart.
- I know the difference between a putter and a chipper.
- I know the tick-tock swing comes from the shoulders, not the arms.

EDSTART GO

- I can set up my stance correctly before swinging.
- I can swing in a tick-tock motion with control.
- I can use both putter and chipper to see how they are different.

EDSTART SHOW

- I can demonstrate a correct stance and swing to others.
- I can explain why stance and balance matter for accuracy.
- I can help a partner adjust their grip and posture.

Recap: To develop the stance needed when using a Tri-Golf club

Lesson 2/6

To develop being able to control a chipper in Tri-Golf

EDSTART KNOW

- I know chipping makes the ball travel into the air for short distances.
- I know how my grip changes the distance (lower for short, higher for far).
- I know swing speed affects how far the ball travels.

EDSTART GO

- I can chip the ball to different distances with control.
- I can choose the right swing for the target I'm aiming at.
- I can complete simple chipping challenges with accuracy.

EDSTART SHOW

- I can demonstrate a chip and explain how swing speed changes distance.
- I can hit a target consistently using good technique.
- I can support a partner in choosing the correct chip for a target

Recap: What do we know about Frisbee?

Lesson 3/6

To develop receiving and throwing a Frisbee

EDSTART KNOW

- I know how to grip the Frisbee with three fingers underneath and thumb on top.
- I know I should step with the opposite foot when throwing.
- I know I need to open my hips when releasing the Frisbee.

EDSTART GO

- I can throw the Frisbee with a flat release and controlled wrist snap.
- I can use my hips and shoulders to add power and control.
- I can catch Frisbees from different heights and angles.

EDSTART SHOW

- I can demonstrate an accurate Frisbee throw using correct technique.
- I can explain how hips and wrist flick affect distance and accuracy.
- I can help a partner improve their grip and throwing stance.

Recap: To develop receiving and throwing a Frisbee

Lesson 4/6

To develop the correct way to aim a Frisbee

EDSTART KNOW

- I know to shift my bodyweight forward when throwing.
- I know different angles (flat, curve, high) change the flight path.
- I know I must judge power depending on distance to the target.

EDSTART GO

- I can aim and throw the Frisbee towards set targets.
- I can change the angle of release to control flight.
- I can throw with accuracy at different distances.

EDSTART SHOW

- I can demonstrate aiming at a target and explain my choice of angle.
- I can show how adjusting my stance and power changes the outcome.
- I can help a partner correct their aim for better accuracy.

Recap: What do we know about archery?

Lesson 5/6

To develop the skill of how to hold the bow in archery

EDSTART KNOW

- I know my feet must be shoulder-width apart with front foot facing the target.
- I know how to hold the bow with a relaxed but firm grip.
- I know my bow arm should be straight but not locked.

EDSTART GO

- I can stand correctly and hold the bow safely.
- I can keep my balance while aiming at the target.
- I can practise posture and grip drills with consistency.

EDSTART SHOW

- I can demonstrate safe bow hold and explain why relaxation is important.
- I can show correct posture when standing at the shooting line.
- I can give feedback to a partner's stance and bow hold

Recap: To develop the skill of how to hold the bow in archery

Lesson 6/6

To develop the technique of drawing the bow

EDSTART KNOW

- I know how to draw the bowstring smoothly towards my anchor point.
- I know my elbow should be high and shoulders rotated.
- I know to touch my index finger to my mouth for consistency.

EDSTART GO

- I can draw the bow using controlled, steady movements.
- I can coordinate breathing with my draw for accuracy.
- I can release smoothly while maintaining posture.

EDSTART SHOW

- I can demonstrate drawing the bow correctly to the anchor point.
- I can explain how breathing and rotation help accuracy.
- I can check and support a partner's draw technique.