

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

## **Lesson 1/6**

# **To introduce the stance needed**

**when using a  
Tri-Golf club**

### **EDSTART KNOW**

- I know that my feet should be shoulder-width apart for balance.
- I know the ball must be in line with the centre of my body.
- I know my toes and waist should face the ball before swinging.

### **EDSTART GO**

- I can stand correctly in the ready position with stable feet and soft knees.
- I can swing gently while keeping my eyes focused on the ball.
- I can move between activities while keeping my stance consistent.

### **EDSTART SHOW**

- I can show others the correct stance and body position for balance.
- I can explain why balance and stability are important in golf.
- I can help a partner improve their stance using the key points.

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

## **Lesson 2/6**

# **To introduce being able to control putter**

### **EDSTART KNOW**

- I know the correct grip for holding the putter with both hands touching.
- I know that a gentle swing makes the ball travel a short distance.
- I know a bigger swing makes the ball travel further.

### **EDSTART GO**

- I can control my putter to change the distance the ball travels.
- I can keep my head still and eyes on the ball when putting.
- I can practise accuracy by aiming into hoops, pins, or targets.

### **EDSTART SHOW**

- I can demonstrate a controlled putt with the right grip and stance.
- I can explain how swing size changes the distance of the ball.
- I can show others how correct grip and alignment improve control.

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

**Lesson 3/6**

# To introduce receiving and throwing a Frisbee

## **EDSTART KNOW**

- I know how to hold a Frisbee with thumb on top and fingers underneath.
- I know I should stand sideways to my target when throwing.
- I know how to position my hands and body to catch safely.

## **EDSTART GO**

- I can throw a Frisbee with control to a partner.
- I can catch a Frisbee using soft hands and good body position.
- I can move into space to receive a Frisbee.

## **EDSTART SHOW**

- can demonstrate a throw and catch using correct stance and grip.
- I can explain how to release the Frisbee with control, not power.
- I can help a partner improve their throwing and catching technique.

**Recap: To introduce receiving and throwing a Frisbee**

**Lesson 4/6**

# **To introduce aiming at a target using the correct technique in Frisbee**

## **EDSTART KNOW**

- I know that feet should be shoulder-width apart with a sideways stance.
- I know how to adjust power depending on the target distance.
- I know angle and stance control the direction of my throw.

## **EDSTART GO**

- I can throw a Frisbee towards a target with control.
- I can change the distance of my throw by adjusting my power.
- I can keep my body balanced when aiming and throwing.

## **EDSTART SHOW**

- I can demonstrate aiming at a target and explain how I controlled power.
- I can hit different targets at short and long distances.
- I can show how stance, angle, and release affect accuracy.

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

## **Lesson 5/6**

# **To introduce how to hold the bow in archery**

### **EDSTART KNOW**

- I know I must straddle the shooting line with one foot on each side.
- I know my least dominant foot should be forward.
- I know my front foot should turn slightly towards the target.

### **EDSTART GO**

- I can hold the bow safely with correct grip and stance.
- I can balance my weight evenly to stay stable.
- I can practise aiming safely without releasing an arrow.

### **EDSTART SHOW**

- I can demonstrate correct foot placement and bow hold.
- I can explain why a solid stance makes shooting safer and more accurate.
- I can check and give feedback to a partner's stance.

**Recap: To introduce how to hold the bow in archery**

**Lesson 6/6**

# **To introduce the technique of drawing the bow**

## **EDSTART KNOW**

- I know how to pull the string towards my face on my dominant side.
- I know to rotate my hips and shoulders with my elbow high.
- I know my index finger should touch the corner of my mouth when drawing.

## **EDSTART GO**

- I can draw the bow smoothly using back muscles for strength.
- I can use controlled breathing to stay calm and balanced.
- I can adjust my draw to different distances from the target.

## **EDSTART SHOW**

- I can demonstrate drawing the bow safely and accurately to the anchor point.
- I can explain how body rotation and breathing improve accuracy.
- I can observe a partner's draw and give clear feedback.