

TARGET GAMES

EDSTART
PE CURRICULUM

KEY RULES

Game Basics: Target games such as Archery, Frisbee Golf, and Tri-Golf challenge children to aim, control power, and improve precision. Players score points by hitting or landing closest to a target while showing accuracy, control, and calm focus. Games can be played individually or in teams, encouraging patience, strategy, and self-control.

Archery: Involves shooting arrows at a target to score points based on where they land. Players stand side-on to the target, draw the bowstring smoothly, and aim using alignment between their eye, string, and arrow. Calm breathing and steady follow-through improve accuracy. Safety is essential—bows are only drawn and released on the teacher's signal.

Frisbee Golf: is played like golf but with discs. Players throw from a tee marker towards a target, counting each throw until the Frisbee lands inside or on the goal. The winner is the player with the fewest throws. Accuracy, technique, and safe throwing are key, with throws kept below head height for control.

Tri-Golf: uses adapted equipment designed for children. Players use a putter to roll the ball and a chipper to lift it over obstacles, aiming to land as close to a target as possible. Games can involve accuracy zones, mini courses, and scoring ladders. Teamwork, fair scoring, and focus help develop self-discipline and perseverance.

Fair Play and Safety: All target games are about focus, patience, and respect. Players wait their turn, encourage others, and follow safety rules at all times. Equipment should be handled carefully and only used when instructed. The aim is not just to win but to improve accuracy, confidence, and calm concentration through practice.

USEFUL LINKS

Archery GB: archerygb.org

English Disc Golf Association: edga.org.uk

Golf Foundation: golf-foundation.org

Your School Games Archery: yourschoolgames.com/taking-part/our-sports/archery

Your School Games Tri-Golf: yourschoolgames.com/taking-part/our-sports/golf/

Your School Games Frisbee: yourschoolgames.com/taking-part/our-sports/ultimate-frisbee/