

LESSON PLAN: TRI GOLF: YEAR 2: WEEK 1

LESSON OBJECTIVE: To learn underarm throwing and how this relates to tri golf.

WARM UP (10 MINS)

Course Awareness:

Lay out different areas of a golf course using colour coded cones:

- Bunker – Yellow cones
- The Green – Green Cones
- Water – Blue Cones
- Tees – Red cones
- ▶ Holes – Place flags

Explain each area. Then call out each area and pupils have to run and stand in that area. If they get it wrong then they have to perform 3 star jumps.

MAIN LESSON (20 MINS)

In pairs, pupils stand opposite each other approximately 5 metres apart. Pupils under arm throw the ball to their partner. Points to consider:

- Are pupils stepping forwards as they throw the ball and bending their knees low?
- When receiving the ball, are pupils creating a cup shape with their hands (baby fingers together), and getting in line with the ball?

Question: Why do we need to be able to throw in a straight line to your partner?

Develop: Lay out some targets using flags. With their partner they need to get the ball to hit each target by using an underarm throw. See which pupils are the first to complete the task.

GAME/COMPETITION (15 MINS)

Place pupils in groups of 4 and place all the targets in front of the groups. One person at a time in each group has to throw the ball at a target. If they hit the target, they can go and collect it and bring it back to their team. When all the targets have gone, teams can count up how many they have collected to see which team is the winner.

EQUIPMENT

- Balls
- Flags
- Cones

KEYWORDS

- Bunker
- Tees
- Green
- Holes
- Water

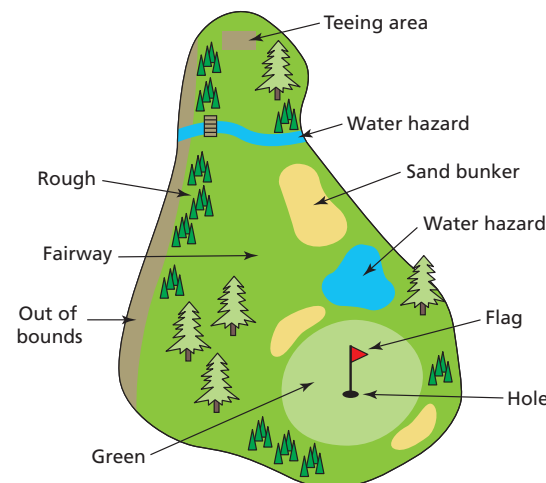
DIFFERENTIATION

LESS ABLE

- Bring the targets closer to the pupils.

MORE ABLE

- You can add a time limit in the game.
- Give them a smaller ball to throw at the targets.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	4	Can they perform an underarm throw to a high ability?
	3	Can they perform an underarm throw with a certain degree of control?
	2	Can they use correct underarm technique, but to a low ability?
Tactics, Rules & Teamwork	4	Works in a team & demonstrates rolling a ball & also shows understanding of different areas of the course.
	3	Can work in a team and understands where different areas of the golf course are.
	2	Starts communicating within a team.
Show & Link	4	Can they link the skills: throwing the ball at targets to a high ability?
	3	Can they show and link: throwing the ball at targets and towards their partner with some accuracy?
	2	Show how to the underarm throwing action.
Describe Ways to Improve	4	Are able to describe and improve performance.
	3	Are able to describe performance
	2	Are able to see differences in performance against a simple model.
Fitness & Health	4	Shows a solid understanding of why physical activity has health benefits.
	3	Has some knowledge of why physical activity has health benefits.
	2	Has little knowledge of why physical activity has health benefits.