

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: KS1 Year A– Disc Golf

Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.

POS aims from NC:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.

Perform dances using simple movement patterns.

Prior Learning (what pupils already know and can do)

- Pupils will know how to throw underarm.
- Pupils will be able to work with others and take turns.
- Pupils will be able to strike a ball with their foot for power.
- Will be able to roll a ball with some accuracy.
- Receive a ball moving swiftly into the right position.

Long-term Learning (what pupils MUST know and remember) End Goals

Disc Golf

- To know how to play the game safely and fairly
- To know how to hold, aim and throw the disc at a target with increasing consistency and accuracy.
- Demonstrate underarm throwing when aiming at targets with varying degrees of accuracy
- To use simple strategies e.g. longer throws followed by shorter more accurate ones

Key Vocabulary

disc, basket, completion, course, hole, penalties, stroke, marker, fewer, farthest

Session 1 – To be able to use the correct technique to practise throwing discs over short and long distances.

- To know how to hold and throw the disc correctly.
- To know that each stroke taken represents a stroke aiming to get closer to or in the hole and penalties will add to your stroke/count as a point.
- To know how to throw the disc at a target with some accuracy.

Healthy Participation – To discuss the benefits of warming up before PE (raising body temperature and increasing blood flow to muscles) and the effects that a good warm up can have on the pupil's skittle bowl performance.

Vocabulary – Agility, balance, control, coordination, teamwork, disc, basket, completion, course, hole, penalties, stroke, marker, fewer, farthest, teed off, OB.

Session 2 – To be able work with others and communicate effectively in small groups. To be able to understand how a “tee off” works.

- To know that there is no set order when throwing this can be decided by a game of rock paper scissors or to flip a coin.
- To know that the player who used the fewest strokes on the previous hole of the first to throw the “tee off”.
- To know that after everyone has teed off, the player who is farthest from the hole throws first.
- To know how to play a target activity successfully throwing the disc on target and communicating well with other working in small groups.

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Healthy Participation – To understand that exercise can help your body stay at, or reach, a healthy weight. To stay at a healthy weight, you must use up the energy you eat. Exercise helps you do that.

Vocabulary – Agility, balance, control, coordination, teamwork, disc, basket, completion, course, hole, penalties, stroke, marker, fewer, farthest, teed off, OB.

Session 3 – To be able to set up small target game practice with a partner. To understand the out of bounds rule when in game situations.

- To know that tees are set up at the beginning of each hole and the first throw for any hole must begin within the inside of, or behind the designated tee area.
- To know that there will be certain areas on the course that can't be thrown into or out of such as a water feature, playground, goalpost etc.
- To know that if the disc does go in the out of bounds area, then you need to move your lie to the point three feet in bounds from where the disc went out of bounds.

Healthy Participation – Discuss the importance of cooling down that it allows for a gradual recovery, helps to regulate blood flow, preventing injuries such as muscle tears etc.

Vocabulary – Agility, balance, control, coordination, teamwork, disc, basket, completion, course, hole, penalties, stroke, marker, fewer, farthest, teed off, OB.

Session 4 – To be able to know how to mark throws and to understand that throws must be taken from behind the lie.

- To know that the lie is the spot where a player's throw lands.
- The lie spot can be marked using a min disc or marker, or by turning over the larger thrown disc.
- To know when it is your turn to throw you must throw from behind the marked lie.
- To know if your disc is not playable due to your disc getting stuck in a tree etc you need to throw from as close to the lie throw as possible.

Healthy Participation – To discuss the benefits of completing a thorough warm up. It helps to loosen the joints, increases blood supply to the muscles and engages the brain with the body.

Vocabulary – Agility, balance, control, coordination, teamwork, disc, basket, completion, course, hole, penalties, stroke, marker, fewer, farthest, teed off, OB.

Session 5 – To be able to work effectively in small groups to understand some basic rules of disc golf.

- To know that on the fairway throws must be made from behind the lie and you are not allowed to run up to the lie.
- To know you're not allowed the extra movement if you're within 10 meters (30 feet). You can't cross the lie until your disc has stopped moving.
- To know that a dogleg is a pole along the fairway that must be passed, and the course is marked with arrows.
- To know how to use the dogleg to make you move across the course in a specific way.

Healthy Participation – To understand the type of fitness components that disc golf players need to perform at a high level.

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Vocabulary – Agility, balance, control, coordination, teamwork, disc, basket, completion, course, hole, penalties, stroke, marker, fewer, farthest, teed off, OB.

Session 6 – To know how to set up, score and play a game of disc golf.

- To know that at the end of each hole is a basket or set of chains that must be throw the disc into this at the end.
- To know when the disc successfully lands in the basket you have completed the hole.
- To know this can be called the completion of the hole or “completion”.
- To know that the disc must be removed before moving onto the next hole.
- To know how to play the game fairly when a player is taking a throw non-thrower must remain quiet and cannot move around while others are taking their throws.
- To know the safety rules of the game that pupils must stand behind the thrower until their turn is complete.
- To know how to play fairly and work well with others.

Healthy Participation – To know the importance of having regular drink breaths throughout the PE lesson. To understand that if you are sweating you need to be drinking fluids to replace the fluids you lose when you sweat.

Vocabulary – Agility, balance, control, coordination, teamwork, disc, basket, completion, course, hole, penalties, stroke, marker, fewer, farthest, teed off, OB.

Future learning this content supports:

This unit will support future subjects in UKS2. Pupils will develop the ability to outwit opponents and teams using strategies and skills. Pupils will have the fundamental skills required to play competitive games. Pupils will have the ability to use core skills and understand the basic rules and roles during a game situation.

Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math’s (measuring distances, collating data & comparing recordings against other bests).