

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

### **Subject:** Phase 1 - 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, stroke, throw, marker, penalties, tee-off, OB (out of bounds), hole, completion

##### **Recommended Resources:**

- Foam or child-safe flying discs (varied colours for team play)
- Portable disc golf targets or cones/hoops to act as baskets
- Mini discs or cones to mark "lies" and tees
- Boundary markers or chalk for out-of-bounds areas

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### Curriculum Connections:

#### Literacy

Use of instructional language in setting up holes (e.g. Throw from the tee-off to the basket)

Reinforce key positional vocabulary (e.g. farthest, behind, across, in bounds)

Use keywords and sentence stems to support team communication

#### Maths

Count and compare strokes taken per hole

Measure distances between disc and basket

Use simple data tables to record performance

#### Science

Identify the effects of warm-up and cool-down on the body

Discuss hydration and sweating during physical activity

Explore energy in and energy out for healthy weight

#### Citizenship/PSHE

Take turns and show sportsmanship

Work cooperatively in small groups

Understand and respect fair play and rules

### Career Opportunities:

1. Professional Disc Golfer
2. Sports Coach (Target Games Focus)
3. PE Teacher or Community Activity Leader
4. Course Designer or Event Organiser
5. Health and Fitness Coach (Youth Sport)

### ☐ Role Model: Eveliina Salonen (Finland)

- One of the top female disc golf players in the world
- Known for her **technical consistency, strategic thinking**, and support for youth players
- Inspires pupils to try alternative sports and take pride in perseverance and self-improvement

## **Session 1 – Rolling the Disc Towards a Target**

**LO:** To roll a disc towards a target with control.

### **Objectives:**

- I can grip the disc and roll it with two hands.
- I can aim towards a target.
- I can control the strength of my roll.
- I can stay behind the marker when I roll.

### **Teaching Content:**

- **Warm-up:** *Disc Traffic* – Pupils roll discs to moving cones/targets without collisions.
- **Skill Practice:** Roll discs to static hoops, adjusting force and aim.
- **Game Scenario:** *Roll to Score* – Teams earn points for discs closest to a cone.
- **Plenary:** What helped your disc roll straighter or further?

**Vocabulary:** Disc, roll, aim, target, control

### **Healthy Participation:**

To explore how coordination and strength work together in rolling, and why we stretch and warm up our arms.

## Session 2 – Throwing the Disc Using Underarm Action

**LO:** To throw the disc using an underarm action.

### Objectives:

- I can use an underarm swing to throw the disc.
- I can aim for a hoop or cone.
- I can use my body to help me throw further.
- I can control where the disc lands.

### Teaching Content:

- **Warm-up:** *Aim and Swing* – Pupils swing foam discs to hit low targets.
- **Skill Practice:** Underarm throwing to fixed markers or cones.
- **Game Scenario:** *One-Shot Challenge* – One disc throw, score by distance or hitting target.
- **Plenary:** How did your arm and body help the throw? What will you try differently next time?

**Vocabulary:** Throw, swing, aim, underarm, land

### Healthy Participation:

To learn how our arms and core muscles work when throwing, and why posture helps with aim.

## Session 3 – Aiming for a Basket or Target Area

**LO:** To aim the disc at a set target or basket.

### Objectives:

- I can focus my eyes on the target.
- I can change my body position to aim.
- I can practise getting closer to the basket.
- I can celebrate getting nearer each time.

### Teaching Content:

- **Warm-up:** *Spot and Drop* – Pupils aim to land discs in chalked shapes on the ground.
- **Skill Practice:** Throwing towards hoops or basket frames from different distances.
- **Game Scenario:** *Closest to Basket* – Teams compete to land their disc inside or nearest the basket.
- **Plenary:** What helped your aim improve? What can you practise next time?

**Vocabulary:** Aim, basket, target, throw, closer

### Healthy Participation:

To understand how aiming helps us improve over time and how small adjustments make a big difference.

### Session 4 – Playing a Mini Hole (Start to Finish)

**LO:** To play a full mini hole in disc golf using accurate throws.

**Objectives:**

- I can throw from a start marker towards the target.
- I can count how many throws I take.
- I can remember the order of turns.
- I can play safely and wait for others.

**Teaching Content:**

- **Warm-up:** *Target Shuffle* – Pupils walk between hoops, stopping to throw a disc at each.
- **Skill Practice:** Mini-hole setup: throw from tee, mark where disc lands, and play next shot.
- **Game Scenario:** *1-Hole Mini Course* – Pupils play holes in groups of 3–4 using cones as baskets.
- **Plenary:** How many throws did you take? What made a difference to your score?

**Vocabulary:** Tee, marker, hole, throw, stroke

**Healthy Participation:**

To learn how rules help us stay safe, fair, and respectful when playing outdoor target games.

### Session 5 – Playing as a Pair and Supporting Each Other

**LO:** To play disc golf as a pair, taking turns and giving feedback.

**Objectives:**

- I can take turns with a partner.
- I can encourage and support others.
- I can give a helpful tip or kind word.
- I can show good sportsmanship.

**Teaching Content:**

- **Warm-up:** *Throw and Cheer* – Pairs throw and celebrate each other's progress.
- **Skill Practice:** Take turns playing a hole together, discussing throw ideas.
- **Game Scenario:** *Pair Hole Play* – Teams of 2 play a 2-hole course, supporting and scoring together.
- **Plenary:** What did your partner do well? What made the game more fun today?

**Vocabulary:** Pair, support, turn, tip, fair

**Healthy Participation:**

To understand how kindness, fairness and positive words make sport more enjoyable and inclusive.

## Session 6 – Tournament and Personal Best Challenge

**LO:** To take part in a disc golf tournament and reflect on progress.

### Objectives:

- I can complete 2 or more holes of disc golf.
- I can keep track of my own throws.
- I can compare my score to last time.
- I can say what I'm proud of and what I want to improve.

### Teaching Content:

- **Warm-up:** *Disc Golf Circuit* – 4 activity stations: roll, throw, aim, support.
- **Skill Practice:** Pupils focus on one skill they want to improve before tournament begins.
- **Game Scenario:** *Mini Disc Golf Tournament* – Rotate between holes, play in small teams or pairs.
- **Plenary:** What did you improve the most? What are you going to work on next time?

**Vocabulary:** Score, hole, tournament, improve, personal best

### Healthy Participation:

To celebrate effort, teamwork, and growth—and understand how sport helps us feel healthy and proud.

Future learning this content supports:

This unit lays the groundwork for:

- **Phase 2 disc-based games** such as ultimate frisbee or tri golf
- The use of **strategy, scoring, and spatial awareness** in team sports
- Introduction of **rules, roles, and rotations** in gameplay
- Developing **fair competition and self-regulation**, needed for upper key stage team events