

**Things I should be able to talk about**

- Consolidate and improve the **quality, range and consistency** of your physical techniques.
- Choose and use simple tactics and strategies in different situations.
- To know the long-term effects of exercise on the body
- To measure the long-term effects of exercise on the body
- Describe how the body reacts to different types of activity
- Describe and evaluate the effectiveness of performances

**Year 5 & 6 Golf/Boccia**

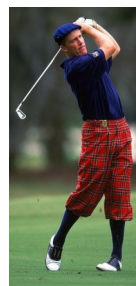
**Vocab**

**Golf**

- **Chipping**— ball pops briefly into the air
- **Long game**— a shot that is far from the green.
- **Putting**— to hit a ball softly towards the target

**Boccia**

- **Back spinning**— tossed towards the target
- **Propel** - thrown towards



**Payne Stewart—USA**

Died aged 42 in an airplane accident.  
 Won 11 PGA Tour events including 3 major championships.

**New knowledge and skills**

Correct technique for shots	Selecting correct shot	Preparation for the shot	Safety when playing golf
Putting Chipping Long game	Using and applying their knowledge to asses and select shot length.	Holding the club—hands together. Standing appropriately for each type of shot.	Space between players Warming up before swinging

Propel the ball to a target	Use different kinds of throws	Understand the basic rules
The ball must land near the target ball. Everyone must be	Underarm Direct throw, Back spinning throw	Team 1 stand in boxes 1, 3 and 5. Team 2 stand in boxes, 2, 4 and 6. Red team goes first.

