

PE – Gymnastics and Tri-Golf

Overview:

In this **PE** topic you will get the opportunity to perform a variety of gymnastic moves and put them into a routine with a partner. You will also learn about the game of golf and practice using two different golf clubs and understand how to hit a ball to a specific target.

What I already know...

- To be able to move your body with control.
- To have an awareness of space and moving around with control.

By the end of this unit...

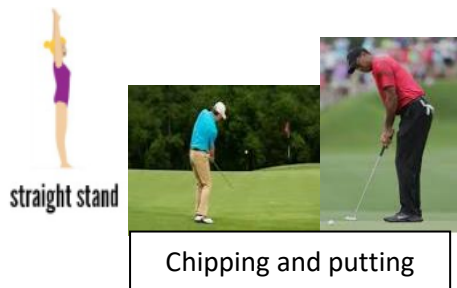
you will be able to:

- Listen to and complete four separate gymnastic moves including, pike, tuck, straddle and straight.
- Work with a partner to create a gymnastics routine with those four gymnastic moves.
- Understand what the game of golf is.
- Practice hitting a golf ball through a variety of targets using a putter and a chipping club.

Key Vocabulary

Tuck	Control	Tick-tock
Pike	Putting	Chipping
Straddle	Straight	Awareness

Relevant significant Events and People and ideas



Key Questions

What is tri-golf?

How do you hold a golf club?

How do you hit a ball with a golf club?

What do you need to think about when completing your gymnastic moves?

Why is it important to warm up and warm down before and after exercise?