

Recap: Do we know our previous Edstart Champions scores and times?

Lesson 1/6

To work on **speed, agility** **and quickness**

Success Criteria

To be able to:

- **Change direction quickly**
- **Be more agile when running and turning**
- **Use correct footwork they need to run quickly**
- **Complete the Edstart Champions 20m agility test and speed bounce**

Recap: To work on speed, agility and quickness

Lesson 2/6

To be able to sprint correctly and efficiently

Success Criteria

To be able to:

- **Know how to sprint start**
- **Understand to run flat out all the way across the finish line**
- **Run efficiently using the correct technique**
- **Slightly lean body forward when they run, while swinging their arms in a straight line from the shoulder**
- **Complete the Edstart Champions 100m and 200m sprint**

Recap: To be able sprint correctly and efficiently

Lesson 3/6

To throw a number of different athletic pieces of equipment

Success Criteria

To be able to:

- **Accurately throw a variety of athletic equipment for distance**
- **Change techniques depending on what equipment they are throwing but know how to use the basic principles of throwing**
- **Understand to transfer their body weight from back to front to generate more power when throwing**
- **Complete the Edstart Champions javelin and discus**

Recap: To throw a number of different athletic pieces of equipment

Lesson 4/6

To jump for distance using a variety of techniques and footwork patterns

Success Criteria

To be able to:

- **Understand the basics of jumping and landing**
- **Use the upper body to gain distance on the jump**
- **Jump for distance when using the standing jump**
- **Jump for distance when using the triple jump approach**
- **Complete the Edstart Champions long, triple and high jumps**

Recap: To jump for distance using a variety of techniques and footwork patterns

Lesson 5/6

To be able to run for distance

Success Criteria

To be able to:

- **Understand that when running for distance they have to pace themselves in order to complete the distance set**
- **Give a last push to the finish line in the closing stages**
- **Complete the Edstart Champions 400m long distance race**

Recap: To be able to run for distance

Lesson 6/6

To perform in a Sports Day using event and techniques shown

Success Criteria

To be able to:

- **Perform in a variety of events against other pupils**
- **Know what each event entails**
- **Complete the Edstart Champions program and achieve personal bests (Wall squat, sit and reach)**