

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

**Lesson 1/6**

# **To work on**

## **speed, agility and quickness**

### **Success Criteria**

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#### **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**

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### **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**

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### **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**

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### **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**

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### **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)**