

Lesson 1/6

To work on running and changing direction quickly

Success Criteria

To be able to:

- **Change direction quickly**
- **Be more agile when running and turning**
- **Run efficiently using the correct technique**
- **Safely under control stop and start running/moving**
- **Travel at various speeds and change the way they are travelling**
- **Perform the Edstart Champions 30m dash**

Lesson 2/6

To throw small pieces of athletic equipment for distance

Success Criteria

To be able to:

- **Judge the distance they need to throw and aim accordingly**
- **Throw a variety of small athletic pieces of equipment for distance**
- **Perform the Edstart Champions javelin**

Lesson 3/6

**To race through
obstacles, when
jumping, crouching
and dodging
is required**

Success Criteria

To be able to:

- Run at an object and safely jump over to continue running
- Duck under and crawl through objects to continue racing
- Perform the Edstart Champions 20m agility test

Lesson 4/6

To be able to jump for distance using a set footwork pattern

Success Criteria

To be able to:

- **Understand the basics of jumping and landing**
- **Bend their knees to jump and land safely**
- **Jump for distance when using a two footed jump approach**
- **Perform the Edstart Champions standing long jump and speed bounce**

Lesson 5/6

To race in teams and follow set instructions

Success Criteria

To be able to:

- **Race in relays, and work together as a team to finish a race**
- **Perform the Edstart Champions sit and reach test**

Lesson 6/6

**To perform in a
Mini Sports Day,
using events 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 events and achieve a personal best**