

**Lesson 1/6**

# **To work on running and changing direction quickly**

## **Success Criteria**

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**To be able to:**

- **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**

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**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**

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**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**

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**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**

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**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**

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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 events and achieve a personal best**