

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

**Lesson 1/6**

# To work on

## speed, agility and quickness

### **EDSTART KNOW**

- I can explain what speed, agility and quickness mean in athletics.
- I can describe why good footwork helps me move faster.
- I can recognise when I have improved my ability to change direction quickly.

### **EDSTART GO**

- I can move my body quickly in different directions using ladders, hurdles, and cones.
- I can accelerate, decelerate, and change direction with control.
- I can complete agility sprints and speed bounce challenges.

### **EDSTART SHOW**

- I can encourage my partner and celebrate their improvements.
- I can work in a pair to complete activities safely and fairly.
- I can take turns and support others in the SAQ circuit.

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

**Lesson 2/6**

# **To be able to sprint correctly and efficiently**

## **EDSTART KNOW**

- I can explain how to start a sprint correctly.
- I can describe why leaning forward and pumping arms helps me run faster.
- I can understand the importance of sprinting through the finish line.

## **EDSTART GO**

- I can sprint using a strong start and correct technique.
- I can practise using long, powerful steps in sprint races.
- I can complete short and longer sprint distances with good control.

## **EDSTART SHOW**

- I can race fairly and respect my partner when sprinting.
- I can share feedback on my partner's sprint technique.
- I can try my hardest in sprints while supporting others.

**Recap: To be able sprint correctly and efficiently**

**Lesson 3/6**

# **To throw a number of different athletic pieces of equipment**

## **EDSTART KNOW**

- I can explain how to grip and stand when throwing.
- I can describe why transferring body weight helps me throw further.
- I can understand the safety rules for throwing events.

## **EDSTART GO**

- I can throw using the correct grip and stance.
- I can use a run-up to help generate more power.
- I can measure and improve the distance of my throws.

## **EDSTART SHOW**

- I can respect safety rules and wait for my turn.
- I can coach and encourage my partner in throwing practice.
- I can share positive feedback when others throw.

**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**

## **EDSTART KNOW**

- I can explain the phases of a jump (take-off, flight, landing).
- I can describe the triple jump sequence: hop, step, jump.
- I can understand how to use my arms to help me jump further.

## **EDSTART GO**

- I can jump for distance using correct technique.
- I can combine hop, step, and jump into a triple jump sequence.
- I can land safely and measure my distance.

## **EDSTART SHOW**

- I can encourage my partner when they try to improve.
- I can take turns and share equipment fairly.
- I can give feedback on my partner's technique.

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

**Lesson 5/6**

# **To be able to run for distance**

## **EDSTART KNOW**

- I can explain why pacing is important in longer races.
- I can describe how to save energy for a sprint finish.
- I can understand how to use my breathing to help me run further.

## **EDSTART GO**

- I can run at a steady pace without stopping.
- I can complete 400m by controlling my speed.
- I can finish with a final sprint to the line.

## **EDSTART SHOW**

- I can encourage my partner to keep going when they feel tired.
- I can time and record my partner's running result.
- I can respect everyone's effort regardless of distance.

**Recap: To be able to run for distance**

**Lesson 6/6**

# **To perform in a Sports Day using event and techniques shown**

**EDSTART KNOW**

- I can explain the different events in Sports Day.
- I can describe how to perform the skills I have practised.
- I can understand how to aim for a personal best.

**EDSTART GO**

- I can perform in sprints, throws, and jumps using correct technique.
- I can complete each event fairly and safely.
- I can record and improve my scores from the start of the unit.

**EDSTART SHOW**

- I can support and cheer on my classmates in every event.
- I can take responsibility for coaching or recording results.
- I can show good sportsmanship by winning or losing respectfully.