

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

Lesson 1/6

To work on

speed, agility and quickness

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.