

**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.**
- **I can describe why good footwork helps me move faster.**
- **I can understand how reaction time is linked to performance.**

## **EDSTART GO**

- **I can move my body quickly in different directions.**
- **I can complete an SAQ circuit using ladders, hurdles, and shuttles.**
- **I can measure and record my results in the agility sprint and speed bounce.**

## **EDSTART SHOW**

- **I can encourage my partner and celebrate their improvements.**
- **I can work fairly in pairs and small groups.**
- **I can respect others by waiting safely and taking turns.**

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

**Lesson 2/6**

# To be able to sprint correctly and efficiently

## **EDSTART KNOW**

- I can explain the importance of a strong sprint start.
- I can describe how arm and leg movement affect speed.
- I can understand why I should sprint through the finish line.

## **EDSTART GO**

- I can sprint using correct posture and arm drive.
- I can use long, powerful steps in sprint activities.
- I can complete 100m and 200m sprints to the best of my ability.

## **EDSTART SHOW**

- I can race fairly and respect my partner when sprinting.
- I can share feedback with a partner on their sprint technique.
- I can encourage teammates during competitive races.

**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 the correct stance, grip, and release for throwing.
- I can describe why transferring weight helps me throw further.
- I can understand the safety rules for throwing events.

## **EDSTART GO**

- I can throw javelins and discus with correct technique.
- I can add a run-up to increase power and distance.
- I can measure and compare throws with my partner.

## **EDSTART SHOW**

- I can respect safety rules and wait for my turn.
- I can coach and encourage others in their throwing.
- I can support my partner by measuring accurately.

**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 sequence of a triple jump: hop, step, jump.
- I can understand how to use my arms to gain height and distance.

## **EDSTART GO**

- I can jump for distance with correct take-off and landing.
- I can combine the hop, step, and jump sequence.
- I can measure my distance and improve on my personal best.

## **EDSTART SHOW**

- I can encourage others when they attempt long and triple jumps.
- I can respect rules by waiting safely behind the line.
- I can celebrate improvements from my teammates.

**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 middle-distance races.
- I can describe how breathing helps me run further.
- I can understand how to save energy for a sprint finish.

## **EDSTART GO**

- I can run at a steady pace for 400m without stopping.
- I can show stamina and endurance in a sustained run.
- I can finish with a sprint to the line.

## **EDSTART SHOW**

- I can encourage teammates to keep going when they feel tired.
- I can take turns timing and recording results for others.
- 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 events included in Sports Day.
- I can describe how to aim for a personal best.
- I can understand how to apply techniques from previous lessons.

## **EDSTART GO**

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

## **EDSTART SHOW**

- I can respect opponents, referees, and teammates.
- I can encourage classmates in every event.
- I can show sportsmanship whether I win or lose.