

**Recap: What do we know about Athletics?**

**Lesson 1/6**

# **To introduce speed, agility and quickness drills**

## **EDSTART KNOW**

- I can explain what speed means.
- I can describe why agility helps me move quickly.
- I can understand how footwork affects my running.

## **EDSTART GO**

- I can change direction quickly.
- I can move faster when running and turning.
- I can complete SAQ activities with control.

## **EDSTART SHOW**

- I can respect my partner when taking turns.
- I can encourage others in agility challenges.
- I can celebrate effort, not just winning.

**Recap: To introduce speed, agility and quickness drills**

**Lesson 2/6**

# **To introduce sprinting from a starting position**

## **EDSTART KNOW**

- I can explain what a sprint start is.
- I can describe why leaning forward helps me run faster.
- I can understand how to use my arms in sprinting.

## **EDSTART GO**

- I can sprint from a starting position.
- I can run with correct technique.
- I can finish a sprint strongly without slowing down.

## **EDSTART SHOW**

- I can respect my partner during chase games.
- I can encourage others to run fast.
- I can celebrate effort fairly in races.

**Recap: To introduce sprinting from a starting position**

**Lesson 3/6**

# **To introduce the throwing of small pieces of athletic equipment for distance**

## **EDSTART KNOW**

- I can explain how to grip and hold equipment.
- I can describe how body weight helps add power.
- I can understand how to release a throw safely.

## **EDSTART GO**

- I can throw equipment for distance.
- I can use correct stance and movement when throwing.
- I can measure my throws against my partner.

## **EDSTART SHOW**

- I can respect others by waiting safely behind the line.
- I can encourage my teammates to try their best.
- I can celebrate effort as well as distance.

**Recap: To introduce the throwing of small pieces of athletic equipment for distance**

## **Lesson 4/6**

# **To introduce the technique of jumping for distance using a set footwork pattern**

### **EDSTART KNOW**

- I can explain how to jump and land safely.
- I can describe why arms help me gain distance.
- I can understand the difference between hop, step, and jump.

### **EDSTART GO**

- I can perform long jumps with correct take-off.
- I can complete hop, step, jump sequences.
- I can measure and improve my distance.

### **EDSTART SHOW**

- I can respect others' attempts when waiting my turn.
- I can encourage partners to jump further.
- I can celebrate personal bests.

**Recap: To introduce the technique of jumping for distance using a set footwork pattern**

## **Lesson 5/6**

# **To introduce the ability of running for distance**

### **EDSTART KNOW**

- I can explain why pacing is important.
- I can describe how breathing helps when running far.
- I can understand how to push at the finish.

### **EDSTART GO**

- I can run at a steady pace over distance.
- I can complete middle distance shuttles.
- I can finish strongly in long runs.

### **EDSTART SHOW**

- I can respect my teammates during races.
- I can encourage others to keep going.
- I can celebrate finishing, not just winning.

**Recap: To introduce the ability of running for distance**

**Lesson 6/6**

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

## **EDSTART KNOW**

- I can explain what each athletics event involves.
- I can describe how to support my partner.
- I can understand how to record scores.

## **EDSTART GO**

- I can perform in different athletics events.
- I can apply all my athletics skills in competition.
- I can improve my personal bests.

## **EDSTART SHOW**

- I can respect opponents and referees.
- I can encourage my team during Sports Day.
- I can celebrate effort, fairness, and teamwork.