

Recap: What do we know about basketball?

Lesson 1/6

To introduce the chest pass in basketball

EDSTART KNOW

- I can explain how to chest pass.
- I can describe why stepping forward helps accuracy.
- I can understand how to cushion the ball when catching.

EDSTART GO

- I can chest pass to a partner over short and long distances.
- I can catch the ball safely and bring it into my body.
- I can pass and move in small group activities.

EDSTART SHOW

- I can respect my partner during passing drills.
- I can encourage others to improve their accuracy.
- I can celebrate effort fairly.

Recap: To introduce the chest pass in basketball

Lesson 2/6

To introduce the 'pivot' in basketball

EDSTART KNOW

- I can explain what pivoting is.
- I can describe how to rotate around a planted foot.
- I can understand why pivoting protects the ball.

EDSTART GO

- I can pivot in both directions with control.
- I can combine pivoting with passing.
- I can use pivoting in small-sided games.

EDSTART SHOW

- I can respect defenders in keep-ball games.
- I can encourage my group when practising pivoting.
- I can play fairly when rotating roles.

Recap: To introduce the 'pivot' in basketball

Lesson 3/6

To introduce the technique of shooting in basketball

EDSTART KNOW

- I can explain what a set shot is.
- I can describe the acronym BEEF (Balance, Elbow, Eyes, Follow-through).
- I can understand how stance affects accuracy.

EDSTART GO

- I can perform a set shot with correct technique.
- I can score from different distances.
- I can use shooting in team games.

EDSTART SHOW

- I can respect others when shooting.
- I can encourage my teammates in challenges.
- I can celebrate everyone's success fairly.

Recap: What do we know about football?

Lesson 4/6

To introduce the technique of shooting in football

EDSTART KNOW

- I can explain the ABC of shooting (Angle, Balance, Contact).
- I can describe how to use my laces when striking the ball.
- I can understand where to aim when shooting at goal.

EDSTART GO

- I can shoot using the correct technique.
- I can hit targets in shooting games.
- I can apply shooting in team games.

EDSTART SHOW

- I can respect my partner in shooting challenges.
- I can encourage teammates during practice.
- I can play fairly when scoring goals.

Recap: To introduce the technique of shooting in football

Lesson 5/6

To introduce the role of the defender in football

EDSTART KNOW

- I can explain how to stand when defending.
- I can describe how to stay between the attacker and the goal.
- I can understand why timing is important when tackling.

EDSTART GO

- I can defend in 1v1 games.
- I can use body positioning to stop attackers.
- I can defend in gauntlet and small-sided games.

EDSTART SHOW

- I can respect attackers by defending fairly.
- I can encourage teammates during matches.
- I can celebrate defensive effort.

Recap: To introduce the role of the defender in football

Lesson 6/6

To play 3v3 football games using the techniques shown throughout

EDSTART KNOW

- I can explain the rules of small-sided football.
- I can describe when to dribble, pass, or shoot.
- I can understand how to play fairly.

EDSTART GO

- I can play 3v3 games using all my football skills.
- I can apply passing, dribbling, shooting, and defending in matches.
- I can follow the rules in small-sided games.

EDSTART SHOW

- I can respect referees and opponents.
- I can encourage my team during matches.
- I can play fairly whether I win or lose.