

Lesson 1/6

**To move and change
direction quickly and
under control whilst
avoiding a variety of
obstacles and equipment**

EDSTART KNOW

- I can explain what agility means.
- I can describe how to move my feet quickly.
- I can understand how to change direction under control.

EDSTART GO

- I can move and dodge around obstacles.
- I can use different ways of moving (hop, gallop, jump).
- I can apply dodging in small games.

EDSTART SHOW

- I can respect others when moving in space.
- I can encourage classmates to keep trying.
- I can celebrate effort and fair play.

Lesson 2/6

To dribble a ball using their hands against an opponent

EDSTART KNOW

- I can explain how to bounce a ball at waist height.
- I can describe how bending knees helps control.
- I can understand how to protect the ball from defenders.

EDSTART GO

- I can dribble with one hand in place.
- I can dribble while moving in different directions.
- I can dribble in small games.

EDSTART SHOW

- I can respect my partner when sharing equipment.
- I can encourage others in dribbling challenges.
- I can celebrate effort as well as success.

Lesson 3/6

To dribble a ball using their feet against an opponent

EDSTART KNOW

- I can explain how to dribble a ball with small touches.
- I can describe why I keep the ball close to my feet.
- I can understand how to change direction using my feet.

EDSTART GO

- I can dribble in straight lines and around cones.
- I can change speed and direction when dribbling.
- I can apply dribbling in small games.

EDSTART SHOW

- I can respect defenders when sharing space.
- I can encourage others to keep control.
- I can celebrate fairness and teamwork.

Lesson 4/6

To dodge an opponent whilst running and change directions quickly

EDSTART KNOW

- I can explain why dodging helps me escape defenders.
- I can describe how to change speed and direction quickly.
- I can understand how to create space in games.

EDSTART GO

- I can dodge defenders using different movements.
- I can run into space away from crowded areas.
- I can apply dodging in small games.

EDSTART SHOW

- I can respect opponents while playing.
- I can encourage teammates in dodging games.
- I can celebrate effort and fair play.

Lesson 5/6

To understand rolling, bouncing, throwing, and catching using **various sized balls**

EDSTART KNOW

- I can explain the difference between rolling, bouncing, and throwing.
- I can describe how to watch the ball's flight.
- I can understand when to use underarm or overarm.

EDSTART GO

- I can roll, throw, and bounce different balls.
- I can catch using soft hands and bent knees.
- I can apply skills in small games.

EDSTART SHOW

- I can respect my partner when passing.
- I can encourage others to keep trying.
- I can celebrate success fairly.

Lesson 6/6

To select various pieces of equipment and come up with and play small **multi skilled games**

EDSTART KNOW

- I can explain the names of different skills I've learned.
- I can describe how to make a simple game.
- I can understand how rules make games fair.

EDSTART GO

- I can create and play simple games with equipment.
- I can apply rolling, throwing, catching, and dodging.
- I can play games like in small games.

EDSTART SHOW

- I can respect others when creating games.
- I can encourage my teammates when playing.
- I can celebrate fairness and creativity.