

Lesson 1/6

To work on running
and changing
direction quickly

EDSTART KNOW

- I can explain how to run with good technique.
- I can describe how to change direction quickly.
- I can understand why I need to look forward when sprinting.

EDSTART GO

- I can run fast and stop safely.
- I can change speed and direction in games.
- I can complete shuttle runs and agility challenges.

EDSTART SHOW

- I can respect others in running races.
- I can encourage my partner during challenges.
- I can celebrate effort as well as winning.

Lesson 2/6

To throw small pieces of athletic equipment for distance

EDSTART KNOW

- I can explain how to throw safely.
- I can describe how to grip and release equipment.
- I can understand how to use my body to add power.

EDSTART GO

- I can throw beanbags, javelins, and discus for distance.
- I can aim throws into scoring zones.

EDSTART SHOW

- I can respect the safety line.
- I can encourage others when throwing.
- I can celebrate personal bests.

Lesson 3/6

To race through obstacles, when jumping, crouching and dodging is required

EDSTART KNOW

- I can explain how to jump, duck, and crawl safely.
- I can describe why balance is important.
- I can understand how to stay in control during races.

EDSTART GO

- I can clear hurdles with control.
- I can crawl and duck through tunnels and hoops.
- I can complete obstacle courses and circuits.

EDSTART SHOW

- I can respect teammates in relay races.
- I can encourage my team to keep going.
- I can celebrate fair competition.

Lesson 4/6

To be able to jump for distance using a set **footwork pattern**

EDSTART KNOW

- I can explain how to bend knees and swing arms to jump.
- I can describe how to land safely.
- I can understand why I look forward when taking off.

EDSTART GO

- I can jump using two feet together.
- I can clear spaces using stepping stone games.
- I can complete standing long jumps.

EDSTART SHOW

- I can respect my partner when measuring jumps.
- I can encourage others to improve distances.
- I can celebrate fairness and safe landings.

Lesson 5/6

To race in teams and follow set instructions

EDSTART KNOW

- I can explain how to pass a baton.
- I can describe why teamwork is important in relays.
- I can understand how to start and finish a race.

EDSTART GO

- I can run as part of a relay team.
- I can pass the baton correctly to a teammate.
- I can complete relays and races with control.

EDSTART SHOW

- I can respect others when racing.
- I can encourage my team during relays.
- I can celebrate everyone's effort.

Lesson 6/6

To perform in a Mini Sports Day, using events and techniques shown

EDSTART KNOW

- I can explain the events I have learned.
- I can describe how to keep scores.
- I can understand how to take turns as athlete and coach.

EDSTART GO

- I can perform in different sports day events.
- I can measure and record results.
- I can aim to beat my personal bests.

EDSTART SHOW

- I can respect the rules of each event.
- I can encourage others to do their best.
- I can celebrate effort and achievement.