

Lesson 1/6

To roll a ball back and forth with a partner using the correct technique

EDSTART KNOW

- I can explain how to roll a ball along the floor.
- I can describe why bending low helps accuracy.
- I can understand how to get in line with the ball to receive it.

EDSTART GO

- I can roll a ball towards a target or partner.
- I can collect a ball using the scoop technique.
- I can apply rolling in small games.

EDSTART SHOW

- I can respect my partner when rolling.
- I can encourage classmates in target games.
- I can celebrate effort and fair play.

Lesson 2/6

To throw and catch underarm and overarm using a variety of equipment using the correct techniques

EDSTART KNOW

- I can explain how to throw underarm and overarm.
- I can describe how to catch with soft hands.
- I can understand when to use different throws.

EDSTART GO

- I can throw underarm and overarm with control.
- I can catch a ball from my partner.
- I can apply throwing in small games.

EDSTART SHOW

- I can respect others in throwing activities.
- I can encourage teammates when catching.
- I can celebrate accuracy fairly.

Lesson 3/6

To kick a ball to a moving target over various distances

EDSTART KNOW

- I can explain how to strike a ball with my foot.
- I can describe how to use small touches for control.
- I can understand how to keep the ball on the floor.

EDSTART GO

- I can kick a ball towards a target.
- I can strike with both feet.
- I can apply kicking in small games.

EDSTART SHOW

- I can respect others when sharing balls.
- I can encourage my partner to keep trying.
- I can celebrate fairness and effort.

Lesson 4/6

To show control and accuracy with the basic actions of throwing, rolling and kicking a ball

EDSTART KNOW

- I can explain when to roll, throw, or kick.
- I can describe how different techniques match different tasks.
- I can understand how to aim for targets.

EDSTART GO

- I can roll, throw, and kick with accuracy.
- I can apply skills in small games.
- I can collect and return balls safely.

EDSTART SHOW

- I can respect my partner in group challenges.
- I can encourage others in target games.
- I can celebrate success as a team.

Lesson 5/6

To understand the difference in a variety of games using throwing and kicking tactics/rules

EDSTART KNOW

- I can explain the difference between throwing and kicking.
- I can describe how rules make games fair.
- I can understand why I choose one technique over another.

EDSTART GO

- I can throw and kick in small games.
- I can follow game rules in small groups.
- I can use teamwork to play fairly.

EDSTART SHOW

- I can respect rules and opponents.
- I can encourage my teammates.
- I can celebrate fairness in games.

Lesson 6/6

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

EDSTART KNOW

- I can explain how to choose equipment for games.
- I can describe rules for small group activities.
- I can understand how to use skills I have learned.

EDSTART GO

- I can create small games using throwing, rolling, and kicking.
- I can follow rules to play fairly.
- I can apply skills in small games.

EDSTART SHOW

- I can respect my group when creating games.
- I can encourage others to play.
- I can celebrate creativity and effort.