

Lesson 1/6

To judge the flight of a ball and know when it is at the highest point

EDSTART KNOW

- I can explain how to judge when a ball is at the top of its flight.
- I can describe why keeping my eyes on the ball helps me catch.
- I can understand how different balls move differently.

EDSTART GO

- I can clap when the ball reaches its highest point.
- I can catch a ball at different heights.
- I can apply skills in small games.

EDSTART SHOW

- I can respect my partner when catching.
- I can encourage classmates to keep trying.
- I can celebrate effort fairly.

Lesson 2/6

To hold a bat and contact a ball from a self-feed

EDSTART KNOW

- I can explain how to hold a bat correctly.
- I can describe why standing side-on helps me hit.
- I can understand how to follow through with my swing.

EDSTART GO

- I can strike a ball from self-feed or a cone.
- I can use different bats or rackets to hit.
- I can apply striking in small games.

EDSTART SHOW

- I can respect equipment and play safely.
- I can encourage others when they bat.
- I can celebrate effort and teamwork.

Lesson 3/6

To strike a ball that has been bounced towards them

EDSTART KNOW

- I can explain how to watch the ball as it bounces.
- I can describe why timing my swing is important.
- I can understand how to strike the ball into space.

EDSTART GO

- I can hit a bounced ball with a bat or racket.
- I can strike the ball in different directions.
- I can apply skills in small games.

EDSTART SHOW

- I can respect the bowler and fielders.
- I can encourage my teammates when batting.
- I can celebrate effort and fair play.

Lesson 4/6

To retrieve and gather a ball that is rolling/bouncing towards them

EDSTART KNOW

- I can explain how to get my body behind the ball.
- I can describe why soft hands help me collect.
- I can understand how to throw back to a target.

EDSTART GO

- I can stop a ball rolling or bouncing.
- I can gather the ball into my hands.
- I can throw it back under control.

EDSTART SHOW

- I can respect my partner in catching drills.
- I can encourage teammates when fielding.
- I can celebrate improvements in control.

Lesson 5/6

To make contact and strike a ball that is **thrown towards them**

EDSTART KNOW

- I can explain how to strike a ball thrown towards me.
- I can describe why side-on stance helps.
- I can understand how to swing parallel to the floor.

EDSTART GO

- I can strike a ball thrown underarm.
- I can run to bases after striking.
- I can apply skills in small games.

EDSTART SHOW

- I can respect the bowler and fielders.
- I can encourage teammates when batting.
- I can celebrate fairness in games.

Lesson 6/6

To play modified games using the techniques learnt

EDSTART KNOW

- I can explain the rules of a simple striking and fielding game.
- I can describe how scoring works.
- I can understand how to use my skills in a team game.

EDSTART GO

- I can bat, bowl, and field in small-sided games.
- I can follow rules to play fairly.
- I can use skills in small games.

EDSTART SHOW

- I can respect rules and opponents.
- I can encourage my team during games.
- I can celebrate everyone's effort.