

Lesson 1/6

To dribble a ball using their feet in football

EDSTART KNOW

- I can explain how to dribble the ball with small touches.
- I can describe why I keep the ball close to my feet.
- I can understand how to use different parts of my foot to keep control.

EDSTART GO

- I can dribble the ball under control.
- I can change direction while keeping control of the ball.
- I can dribble through gates and around defenders.

EDSTART SHOW

- I can respect others while dribbling.
- I can encourage teammates during games.
- I can celebrate fairness and effort.

Lesson 2/6

To introduce turning using different surfaces of the foot whilst up against a defender

EDSTART KNOW

- I can explain how to use different parts of my foot to turn.
- I can describe why bending knees helps me change direction.
- I can understand how to push away with speed after turning.

EDSTART GO

- I can turn with the ball in different directions.
- I can dribble and turn through gates.
- I can change direction in small games.

EDSTART SHOW

- I can respect defenders by playing safely.
- I can encourage others to try new turns.
- I can celebrate effort in games.

Lesson 3/6

To dribble a ball using their hands against an opponent in basketball

EDSTART KNOW

- I can explain how to dribble the ball using my fingertips.
- I can describe why the ball should bounce at waist height.
- I can understand how to protect the ball from defenders.

EDSTART GO

- I can dribble with my preferred and non-preferred hand.
- I can dribble while moving around a space.
- I can keep control when playing in small games.

EDSTART SHOW

- I can respect defenders when dribbling.
- I can encourage classmates during challenges.
- I can celebrate effort fairly.

Lesson 4/6

To introduce the chest passing in basketball

EDSTART KNOW

- I can explain how to chest pass the ball.
- I can describe how to stand and step into the pass.
- I can understand how to cushion the ball when catching.

EDSTART GO

- I can chest pass with accuracy to a partner.
- I can pass and move to find space.
- I can use passing in Receive & Move activities.

EDSTART SHOW

- I can respect my partner in passing drills.
- I can encourage my group in challenges.
- I can celebrate teamwork.

Lesson 5/6

To introduce and develop different types of passing used in handball

EDSTART KNOW

- I can explain how to pass using overarm and bounce passes.
- I can describe when to use different passes.
- I can understand how to use my body to add power.

EDSTART GO

- I can pass using overhead and bounce passes.
- I can keep possession away from a defender.
- I can apply skills in Pass & Move games.

EDSTART SHOW

- I can respect my teammates when passing.
- I can encourage others in team games.
- I can celebrate effort and success.

Lesson 6/6

To pass and move in handball

EDSTART KNOW

- I can explain how to pass the ball while moving.
- I can describe how to dribble before passing.
- I can understand how to combine passing with shooting.

EDSTART GO

- I can pass and move into space.
- I can dribble and pass in small groups.
- I can apply skills in small games.

EDSTART SHOW

- I can respect opponents by playing fairly.
- I can encourage my team during games.
- I can celebrate fairness and fun.