

Lesson 1/6

To dodge an opponent in tag rugby

EDSTART KNOW

- I can explain how to dodge a defender.
- I can describe why changing speed and direction helps.
- I can understand how to create space in a game.

EDSTART GO

- I can dodge defenders with control.
- I can run into space to avoid crowded areas.
- I can apply dodging in small games.

EDSTART SHOW

- I can respect defenders by playing safely.
- I can encourage others when they try to dodge.
- I can celebrate fairness and effort.

Lesson 2/6

To introduce 'tagging' an opponent

EDSTART KNOW

- I can explain what tagging means.
- I can describe how to keep eyes on the attacker's hips.
- I can understand why staying low helps me defend.

EDSTART GO

- I can tag opponents fairly in 1v1 games.
- I can play as a defender to stop attackers.
- I can apply tagging in small games.

EDSTART SHOW

- I can respect attackers when defending.
- I can encourage teammates when they tag.
- I can celebrate effort in defence.

Lesson 3/6

To introduce holding the hockey stick correctly and move around with and without the ball

EDSTART KNOW

- I can explain how to hold a hockey stick correctly.
- I can describe how to move with and without the ball.
- I can understand how to adjust my grip.

EDSTART GO

- I can dribble the ball with control.
- I can move while holding the stick correctly.
- I can apply dribbling in small games.

EDSTART SHOW

- I can respect equipment and teammates.
- I can encourage others in dribbling games.
- I can celebrate effort fairly.

Lesson 4/6

To introduce passing the ball whilst stationary in hockey

EDSTART KNOW

- I can explain how to use a push pass.
- I can describe why I step into my pass.
- I can understand when to dribble and when to pass.

EDSTART GO

- I can pass with a push pass to a partner.
- I can hit targets with accuracy.
- I can apply passing in small games.

EDSTART SHOW

- I can respect my partner when passing.
- I can encourage others in challenges.
- I can celebrate team effort.

Lesson 5/6

To introduce the throwing technique in dodgeball

EDSTART KNOW

- I can explain how to throw a ball with good technique.
- I can describe why I step forward when throwing.
- I can understand how to aim at a moving target.

EDSTART GO

- I can throw using the correct technique.
- I can aim at and hit targets.
- I can apply throwing in small games.

EDSTART SHOW

- I can respect opponents when throwing.
- I can encourage others during games.
- I can celebrate fairness and effort.

Lesson 6/6

To introduce ways to avoid being hit in dodgeball

EDSTART KNOW

- I can explain how to avoid being hit in dodgeball.
- I can describe how to duck, sidestep, and block.
- I can understand why I must always be ready to move.

EDSTART GO

- I can dodge balls using movement and agility.
- I can block throws safely.
- I can apply dodging in small games.

EDSTART SHOW

- I can respect others by playing fairly.
- I can encourage teammates during games.
- I can celebrate fairness and fun.