

Lesson 1/6

To dodge an opponent whilst running and change direction quickly

EDSTART KNOW

- I can explain how to dodge an opponent.
- I can describe why changing speed and direction helps me escape.
- I can understand how to find space in games.

EDSTART GO

- I can dodge defenders using sharp turns.
- I can move into space away from others.
- I can score points by dodging safely.

EDSTART SHOW

- I can respect opponents by playing fairly.
- I can encourage teammates when they dodge.
- I can celebrate effort and success.

Lesson 2/6

To dribble a ball using their hands

when stationary and whilst moving

EDSTART KNOW

- I can explain how to dribble with my hands.
- I can describe why I keep the ball in front of me.
- I can understand how to change speed while dribbling.

EDSTART GO

- I can dribble while standing still.
- I can dribble while moving across the area.
- I can use dribbling in fun games.

EDSTART SHOW

- I can respect defenders while dribbling.
- I can encourage classmates in challenges.
- I can celebrate fair play.

Lesson 3/6

To dribble a ball using their feet

EDSTART KNOW

- I can explain how to use my feet to move the ball.
- I can describe why light touches help me keep control.
- I can understand how to change direction safely.

EDSTART GO

- I can dribble with small touches.
- I can change speed while dribbling.
- I can dribble in small games

EDSTART SHOW

- I can respect defenders while dribbling.
- I can encourage teammates during challenges.
- I can celebrate improvements in control.

Lesson 4/6

To move with a ball using a variety of techniques against an opponent

EDSTART KNOW

- I can explain how to use different techniques with a ball.
- I can describe why I change skills depending on the game.
- I can understand how to control the ball under pressure.

EDSTART GO

- I can move with a ball in different ways.
- I can play against an opponent fairly.
- I can use dribbling in small games.

EDSTART SHOW

- I can respect opponents when competing.
- I can encourage classmates in dribbling games.
- I can celebrate effort fairly.

Lesson 5/6

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

EDSTART KNOW

- I can explain how to roll, throw, and kick with control.
- I can describe why I use different techniques for different games.
- I can understand how to aim at a target.

EDSTART GO

- I can roll and throw with accuracy.
- I can kick a ball safely in a game.
- I can apply skills in small games.

EDSTART SHOW

- I can respect my partner in challenges.
- I can encourage others when they try.
- I can celebrate fairness and fun.

Lesson 6/6

To play small games using the techniques learnt

EDSTART KNOW

- I can explain the rules of simple games.
- I can describe how to work with my team.
- I can understand how to apply skills in competition.

EDSTART GO

- I can play small-sided games with my classmates.
- I can dodge, dribble, and strike in games.
- I can apply skills in small games.

EDSTART SHOW

- I can respect rules and opponents.
- I can encourage teammates in games.
- I can celebrate everyone's effort.