

Lesson 1/6

To dribble a ball using their feet in several small competitive games

EDSTART KNOW

- I can keep the ball close to my feet when dribbling.
- I can use both feet helps me change direction quickly.
- I can look up to stay aware of others around me.

EDSTART GO

- I can dribble the ball safely and under control in different directions.
- I can adjust my speed to keep the ball close when changing direction.
- I can use small touches to keep possession in competitive games.

EDSTART SHOW

- I can demonstrate good control and awareness when dribbling.
- I can show teamwork and fair play in small competitive games.
- I can explain what helped me keep control during the activities.

Lesson 2/6

To introduce turning and changing direction whilst dribbling a ball with their feet

EDSTART KNOW

- I can use small touches help me keep the ball close and in control.
- I can use both the inside and outside of my foot to turn.
- I can keep my head up helps me see space and avoid defenders.

EDSTART GO

- I can dribble and turn using different techniques in small spaces.
- I can change direction and speed while keeping the ball close.
- I can keep control while dribbling through gates or avoiding defenders.

EDSTART SHOW

- I can demonstrate control and awareness in each activity.
- I can show good teamwork and sportsmanship in competitive games.
- I can explain what helped me control the ball and turn effectively.

Lesson 3/6

To dribble a ball using their hands against an opponent

EDSTART KNOW

- I can use both hands to dribble with control.
- I can watch the ball and my surroundings at the same time.
- I can protect the ball by keeping it low and close.

EDSTART GO

- I can dribble confidently with either hand in different activities.
- I can move in all directions while keeping the ball under control.
- I can pass and receive the ball accurately while staying aware of others.

EDSTART SHOW

- I can demonstrate confidence and control when dribbling in competitive games.
- I can show teamwork and spatial awareness during group activities.
- I can explain how I improved my dribbling technique throughout the lesson.

Lesson 4/6

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

EDSTART KNOW

- I can dribble using both hands confidently.
- I can protect the ball from defenders.
- I can keep my head up helps me see space and opponents.

EDSTART GO

- I can dribble and move while reacting to others in competitive games.
- I can pass, receive, and dribble quickly under pressure.
- I can make quick decisions while keeping control of the ball.

EDSTART SHOW

- I can demonstrate control, balance, and awareness during challenges.
- I can show teamwork and respect in competitive play.
- I can explain what helped me improve my dribbling or passing today.

Lesson 5/6

To introduce and develop different types of passing

EDSTART KNOW

- I can perform a chest pass with correct hand and arm positioning.
- I can receive a pass safely using both hands and soft fingers.
- I can use communication and movement and know they important when passing and receiving.

EDSTART GO

- I can pass and receive the ball accurately with my partner.
- I can move into space to support my teammate after passing.
- I can dribble and pass smoothly in small group activities.

EDSTART SHOW

- I can demonstrate control, teamwork, and accuracy when passing and receiving.
- I can show confidence when moving and communicating with my group.
- I can explain how I improved my passing technique and control during the lesson.

Lesson 6/6

To play small games using the techniques learnt

EDSTART KNOW

- I can work as a team when passing, dribbling, and defending.
- I can show the difference between using my feet and hands in different game types.
- I can move into space helps create scoring opportunities for my team.

EDSTART GO

- I can dribble and pass accurately in both football-style and basketball-style games.
- I can play fairly, work with teammates, and use good positioning to support play.
- I can change between attacking and defending quickly during small-sided games

EDSTART SHOW

- I can demonstrate teamwork, awareness, and decision-making during conditioned games.
- I can show good control and technique when dribbling, passing, and scoring.
- I can explain how communication helped my team succeed in matches.