

Lesson 1/6

To work on running and changing direction quickly

EDSTART KNOW

- I can explain how to change direction quickly.
- I can describe why bending my knees helps me turn.
- I can understand how to stop and start safely.

EDSTART GO

- I can run at different speeds.
- I can change direction quickly in games.
- I can stop and start with control.

EDSTART SHOW

- I can respect my partner in races.
- I can encourage classmates in agility challenges.
- I can celebrate effort in running games.

Lesson 2/6

To throw small pieces of athletic equipment for distance

EDSTART KNOW

- I can explain how to throw using overarm technique.
- I can describe why I stand side-on to my target.
- I can understand how to follow through after release.

EDSTART GO

- I can throw a variety of equipment for distance.
- I can judge how far I need to throw.
- I can aim for zones in firefighter challenge games.

EDSTART SHOW

- I can respect rules when throwing.
- I can encourage others to improve their distance.
- I can celebrate fairness and effort.

Lesson 3/6

To race through obstacles, when jumping, crouching and dodging is required

EDSTART KNOW

- I can explain how to jump, crouch, and dodge safely.
- I can describe why I keep my eyes forward.
- I can understand how agility helps me race.

EDSTART GO

- I can jump hurdles and crawl through tunnels.
- I can dodge and move through obstacle courses.
- I can complete agility circuits.

EDSTART SHOW

- I can respect my partner in races.
- I can encourage my team in obstacle games.
- I can celebrate fairness in races.

Lesson 4/6

To be able to jump for distance using a set **footwork pattern**

EDSTART KNOW

- I can explain how to jump with two feet.
- I can describe how to land safely with bent knees.
- I can understand how to swing arms to help distance.

EDSTART GO

- I can jump forwards with control.
- I can leap across markers like stepping stones.
- I can complete standing long jump challenges.

EDSTART SHOW

- I can respect equipment and landing zones.
- I can encourage others to beat their scores.
- I can celebrate effort in jumping games.

Lesson 5/6

To race in teams
and follow
set instructions

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain how to hand over a baton.• I can describe why teamwork is important in relays.• I can understand how to run efficiently as a team.	<ul style="list-style-type: none">• I can race in relays with my team.• I can pass a baton safely to a teammate.• I can complete 50m races with control	<ul style="list-style-type: none">• I can respect rules in races.• I can encourage teammates in relays.• I can celebrate fairness and teamwork.

Lesson 6/6

To perform in a Mini Sports Day, using events and techniques shown

EDSTART KNOW

- I can explain what each event is.
- I can describe how to measure and score events.
- I can understand how to perform as an athlete or coach.

EDSTART GO

- I can perform in a variety of events.
- I can record and improve my scores.
- I can achieve personal bests in athletics.

EDSTART SHOW

- I can respect rules and my classmates' efforts.
- I can encourage my partner as a coach.
- I can celebrate success and improvement.