

Lesson 1/6

To roll a ball back and forth with a partner

EDSTART KNOW

- I can explain how to roll a ball correctly.
- I can describe why bending low helps me roll with control.
- I can understand how to aim at a target.

EDSTART GO

- I can roll a ball towards a partner or a target.
- I can collect and return the ball safely.
- I can play small games.

EDSTART SHOW

- I can respect my partner when rolling and catching.
- I can encourage others to keep trying.
- I can celebrate effort in games.

Lesson 2/6

To throw and catch underarm using a variety of equipment

EDSTART KNOW

- I can explain how to throw underarm.
- I can describe why stepping forward helps me aim.
- I can understand how to track the ball when catching.

EDSTART GO

- I can throw underarm with control.
- I can catch a ball or beanbag with two hands.
- I can play small games.

EDSTART SHOW

- I can respect my partner in catching games.
- I can encourage teammates in challenges.
- I can celebrate effort fairly.

Lesson 3/6

To throw and catch overarm using a variety of equipment

EDSTART KNOW

- I can explain how to throw overarm.
- I can describe why stepping sideways helps my throw.
- I can understand how to release the ball above my head.

EDSTART GO

- I can throw a ball overarm with accuracy.
- I can catch different types of throws.
- I can apply skills in small games.

EDSTART SHOW

- I can respect rules in throwing games.
- I can encourage others when practising.
- I can celebrate effort and fair play.

Lesson 4/6

To judge the flight of an object and catch it using the correct technique

EDSTART KNOW

- I can explain what “flight” means in PE.
- I can describe why I keep my eyes on the ball.
- I can understand how to catch different objects.

EDSTART GO

- I can clap when the ball is at the top of its flight.
- I can practise catching with different equipment.
- I can pass and catch in small games.

EDSTART SHOW

- I can respect classmates when playing.
- I can encourage my partner to keep trying.
- I can celebrate improvements in control.

Lesson 5/6

To kick a ball accurately over a variety of distances

EDSTART KNOW

- I can explain how to kick using the inside of my foot.
- I can describe why my non-kicking foot points at the target.
- I can understand how to control the ball when passing.

EDSTART GO

- I can kick a ball to a partner with accuracy.
- I can aim at cones and targets.
- I can apply skills in small games.

EDSTART SHOW

- I can respect defenders in games.
- I can encourage my team when playing.
- I can celebrate fair play.

Lesson 6/6

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

EDSTART KNOW

- I can explain which skill to use in different games.
- I can describe how to aim for targets in rolling, throwing, and kicking.
- I can understand why teamwork is important in games.

EDSTART GO

- I can roll, throw, and kick with control.
- I can play Target Golf, Battleships, and Base-to-Base.
- I can take part in carousel games using different skills.

EDSTART SHOW

- I can respect rules and equipment.
- I can encourage classmates in games.
- I can celebrate effort and teamwork.