

Lesson 1/6

**To judge the flight
of a ball and know
when it is at the
highest point**

EDSTART KNOW

- I can explain what the “flight” of a ball means.
- I can describe how to tell when a ball is at its highest point.
- I can understand why keeping my eyes on the ball is important.

EDSTART GO

- I can clap when the ball is at the top of its flight.
- I can catch a ball at different heights.
- I can play small games.

EDSTART SHOW

- I can respect others when taking turns.
- I can encourage my team during challenges.
- I can celebrate fairness and effort.

Lesson 2/6

To make contact with a ball with their hand and a small piece of equipment

EDSTART KNOW

- I can explain what hand-eye coordination means.
- I can describe how to strike with my hand or a bat.
- I can understand why I need to watch the ball.

EDSTART GO

- I can hit a balloon or ball with my hand.
- I can strike a ball using a racket or bat.
- I can play small games.

EDSTART SHOW

- I can respect equipment when using it.
- I can encourage others to keep practising.
- I can celebrate effort and teamwork.

Lesson 3/6

To strike a ball that has been bounced towards them

EDSTART KNOW

- I can explain how to strike a ball after a bounce.
- I can describe why I need to stand side-on.
- I can understand how to swing my bat parallel to the ground.

EDSTART GO

- I can strike a ball that bounces towards me.
- I can hit balls in different directions.
- I can play small games.

EDSTART SHOW

- I can respect opponents when striking.
- I can encourage my team when fielding.
- I can celebrate fair play.

Lesson 4/6

To retrieve and gather a ball that is rolling/bouncing towards them

EDSTART KNOW

- I can explain how to gather a ball travelling towards me.
- I can describe why I get my body behind the ball.
- I can understand how to return a ball under control.

EDSTART GO

- I can collect a rolling or bouncing ball.
- I can return a ball to my partner or target.
- I can play small games.

EDSTART SHOW

- I can respect my partner when working together.
- I can encourage others to try new ways.
- I can celebrate improvement.

Lesson 5/6

To retrieve and gather a ball that is rolling/bouncing away from them

EDSTART KNOW

- I can explain how to chase and collect a ball.
- I can describe why I need to get behind the ball.
- I can understand how to send it back under control.

EDSTART GO

- I can chase a ball rolling away from me.
- I can collect and return the ball quickly.
- I can use skills in small games.

EDSTART SHOW

- I can respect teammates during collecting games.
- I can encourage others to move quickly.
- I can celebrate effort and control.

Lesson 6/6

To make contact and strike a ball that is thrown towards them

EDSTART KNOW

- I can explain how to hold a bat correctly.
- I can describe why standing side-on helps me strike.
- I can understand how to swing my bat at a thrown ball.

EDSTART GO

- I can strike a ball that has been thrown to me.
- I can play small games in groups.
- I can hit the ball into different spaces.

EDSTART SHOW

- I can respect rules when batting and fielding.
- I can encourage my team when striking.
- I can celebrate fair play and fun.