

Lesson 1/6

To dodge an opponent whilst running and change direction quickly

EDSTART KNOW

- I can say what it means to dodge.
- I can see where the space is.
- I can tell why I move away from others.

EDSTART GO

- I can run and change direction.
- I can move into a space.
- I can try to get past a defender.

EDSTART SHOW

- I can play fairly with others.
- I can take turns and share.
- I can clap for my friends.

Lesson 2/6

To dribble a ball **using their hands**

EDSTART KNOW

- I can say how to bounce a ball.
- I can use one hand to push the ball down.
- I can tell which hand I like best.

EDSTART GO

- I can bounce a ball on the spot.
- I can walk while bouncing.
- I can keep control of my ball.

EDSTART SHOW

- I can look after my ball.
- I can cheer for my partner.
- I can play kindly in games.

Lesson 3/6

To dribble a ball **using their feet**

EDSTART KNOW

- I can say how to kick the ball gently.
- I can tell why I keep the ball close to my feet.
- I can listen to the coach's signals.

EDSTART GO

- I can dribble the ball with my feet.
- I can stop the ball with my foot.
- I can change speed when moving

EDSTART SHOW

- I can perform my shapes proudly.
- I can clap for others.
- I can share ideas for toy shapes.

Lesson 4/6

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

EDSTART KNOW

- I can say how to keep my ball safe.
- I can tell which way to move.
- I can choose a skill to use.

EDSTART GO

- I can play with a ball against a partner.
- I can dribble past cones and gates.
- I can try different ball skills.

EDSTART SHOW

- I can be kind if I win or lose.
- I can help my group.
- I can share equipment.

Lesson 5/6

To play small games using the techniques learnt

EDSTART KNOW

- I can say the rules of a game.
- I can tell why we need rules.
- I can remember skills we learnt.

EDSTART GO

- I can roll, throw, and catch.
- I can play in 1v1 or team games.
- I can dodge and move into space.

EDSTART SHOW

- I can listen to the rules.
- I can cheer for others.
- I can play fairly in a team.

Lesson 6/6

To play small games using the techniques learnt

EDSTART KNOW

- I can say the name of each game.
- I can tell what I need to do in each.
- I can remember to try my best.

EDSTART GO

- I can play small games.
- I can use rolling, throwing, and catching.
- I can move to each new station.

EDSTART SHOW

- I can watch and clap for friends.
- I can work with my group.
- I can say “well done” at the end.