

Lesson 1/6

To walk, run, stop, and start using different commands during different small sided games

EDSTART KNOW

- I can say when to stop and go.
- I can tell the colours and what they mean.
- I can say why I look for space.

EDSTART GO

- I can run, stop, and start safely.
- I can dribble a ball with my feet.
- I can move at slow and fast speeds.

EDSTART SHOW

- I can listen to the coach.
- I can cheer for my friends.
- I can share the balls and space.

Lesson 2/6

To walk, move and run whilst using various pieces of equipment

EDSTART KNOW

- I can say how to hold equipment safely.
- I can tell how to move with control.
- I can say why I must look where I go.

EDSTART GO

- I can carry, throw, and bounce a ball.
- I can change speed while moving.
- I can jump, leap, and land safely.

EDSTART SHOW

- I can look after the equipment.
- I can take turns with others.
- I can clap for my friends.

Lesson 3/6

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 why I move into space.
- I can say what to do when a defender comes close.

EDSTART GO

- I can dribble a ball in space.
- I can dodge past a partner.
- I can use my body to protect the ball.

EDSTART SHOW

- I can play kindly against a partner.
- I can say “well done” if I win or lose.
- I can help my team in games.

Lesson 4/6

To dodge an opponent whilst running and change direction quickly

EDSTART KNOW

- I can say what it means to dodge.
- I can tell why changing direction helps.
- I can say how to move away from crowded space.

EDSTART GO

- I can dodge and swerve.
- I can run through gates without being tagged.
- I can move quickly to find space.

EDSTART SHOW

- I can play fairly with others.
- I can listen to rules in games.
- I can celebrate my friends' tries.

Lesson 5/6

To show control and accuracy with the basic actions of throwing, rolling, bouncing, and moving with an object

EDSTART KNOW

- I can say how to roll a ball.
- I can tell when the ball is high in the air.
- I can say how to catch with my hands.

EDSTART GO

- I can roll a ball to my partner.
- I can clap when the ball is high.
- I can throw at targets and play small games.

EDSTART SHOW

- I can take turns in my group.
- I can try my best when throwing.
- I can cheer for my friends.

Lesson 6/6

To play small games using the techniques learnt

EDSTART KNOW

- I can say the rules of a game.
- I can tell how to score in a game.
- I can remember to use my skills.

EDSTART GO

- I can play small games.
- I can dodge and avoid defenders.
- I can play fairly in my team.

EDSTART SHOW

- I can listen to the rules.
- I can clap for other teams.
- I can celebrate when my team tries hard.