

Lesson 1/6

To work on running and changing direction quickly

EDSTART KNOW

- I can say how to run fast.
- I can tell why I look for space.
- I can say when to stop and start.

EDSTART GO

- I can run and change direction.
- I can stop and start safely.
- I can travel at different speeds.

EDSTART SHOW

- I can listen to the coach.
- I can take turns in races.
- I can clap for my friends.

Lesson 2/6

To throw small pieces of athletic equipment for distance

EDSTART KNOW

- I can say how to stand to throw.
- I can tell why I look where I want the ball to go.
- I can show my strong hand for throwing.

EDSTART GO

- I can roll and throw beanbags.
- I can throw over-arm to a target.
- I can try to throw further each time.

EDSTART SHOW

- I can wait behind the line.
- I can cheer when my partner throws.
- I can take part fairly in events

Lesson 3/6

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

EDSTART KNOW

- I can say how to jump safely.
- I can tell how to crawl under and over things.
- I can remember different ways of moving.

EDSTART GO

- I can jump over hurdles.
- I can crawl through tunnels and hoops.
- I can run around an obstacle track.

EDSTART SHOW

- I can cheer for my team.
- I can wait for my turn.
- I can celebrate finishing the race.

Lesson 4/6

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

EDSTART KNOW

- I can say how to bend my knees.
- I can tell why I land on two feet.
- I can remember different jumps.

EDSTART GO

- I can jump forward with two feet.
- I can land safely without falling.
- I can try to beat my best jump.

EDSTART SHOW

- I can watch safely when others jump.
- I can clap for my friends.
- I can say “well done” to my partner.

Lesson 5/6

To race in teams and follow set instructions

EDSTART KNOW

- I can say what a relay is.
- I can tell why we pass the baton.
- I can remember to run to the cone and back.

EDSTART GO

- I can run in a relay team.
- I can pass a baton to my friend.
- I can race to finish with my team.

EDSTART SHOW

- I can play fairly in a race.
- I can cheer for my team.
- I can wait for my turn to run.

Lesson 6/6

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

EDSTART KNOW

- I can say the name of each event.
- I can tell how to try my best.
- I can remember to listen to rules.

EDSTART GO

- I can run, jump, and throw in different events.
- I can move to each station.
- I can try to beat my score.

EDSTART SHOW

- I can cheer for everyone.
- I can play kindly in races.
- I can celebrate at the end.