

**Lesson 1/6**

# To roll a ball to a target underarm

## **EDSTART KNOW**

- I can say how to roll a ball.
- I can tell which hand I like best.
- I can say what a target is.

## **EDSTART GO**

- I can roll the ball underarm.
- I can roll through a gate to my partner.
- I can play small games.

## **EDSTART SHOW**

- I can take turns with my partner.
- I can play fairly in games.
- I can clap when my team scores.

**Lesson 2/6**

# To learn the skill of throwing underarm

## **EDSTART KNOW**

- I can say how to hold a ball or beanbag.
- I can tell how to stand for throwing.
- I can say why I look at the target.

## **EDSTART GO**

- I can throw a beanbag underarm.
- I can roll, receive, throw, and catch with my partner.
- I can score points in target games.

## **EDSTART SHOW**

- I can wait behind the line.
- I can try my best in throwing games.
- I can clap when my partner scores.

**Lesson 3/6**

# **To bounce and catch a medium/large sized ball**

## **EDSTART KNOW**

- I can say what a bounce is.
- I can tell why I use two hands to catch.
- I can say how to watch the ball.

## **EDSTART GO**

- I can bounce a ball and catch it.
- I can clap when the ball is high in the air.
- I can play small games.

## **EDSTART SHOW**

- I can wait for my turn.
- I can cheer for my group.
- I can try my best in bouncing games.

**Lesson 4/6**

# To learn the skill of throwing overarm

## **EDSTART KNOW**

- I can say how to stand for throwing.
- I can tell how to move my arm overarm.
- I can say what accuracy means.

## **EDSTART GO**

- I can throw overarm to a partner.
- I can score points by hitting targets.
- I can play small games.

## **EDSTART SHOW**

- I can share the balls fairly.
- I can clap when friends catch.
- I can play kindly in games.

**Lesson 5/6**

# To learn how to catch a small piece of equipment using both hands

## **EDSTART KNOW**

- I can say how to watch the ball.
- I can tell when the ball is high.
- I can say how to use my hands to catch.

## **EDSTART GO**

- I can catch a beanbag or small ball.
- I can throw and catch with my partner.
- I can play small games.

## **EDSTART SHOW**

- I can smile when my friends try.
- I can clap when others catch.
- I can wait my turn.

**Lesson 6/6**

# **To show increasing control over an object in pushing, patting, throwing, catching or kicking it**

## **EDSTART KNOW**

- I can say different ways to move a ball.
- I can tell how to send a ball to a partner.
- I can say how to keep control.

## **EDSTART GO**

- I can roll, throw, catch, and dribble.
- I can play mini games.
- I can use different balls and beanbags.

## **EDSTART SHOW**

- I can be kind if I win or lose.
- I can share equipment with my team.
- I can clap for my friends.