

Lesson 1/6

To bounce and catch a small/medium sized ball

EDSTART KNOW

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

EDSTART GO

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

EDSTART SHOW

- I can wait for my turn.
- I can clap for my group.
- I can play fairly in games.

Lesson 2/6

To reinforce the skills of throwing underarm and overarm

EDSTART KNOW

- I can say how to throw underarm and overarm.
- I can tell why I look at my target.
- I can say what it means to stand ready.

EDSTART GO

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

EDSTART SHOW

- I can share equipment with my partner.
- I can clap when others score.
- I can cheer for my team.

Lesson 3/6

To introduce the skills of kicking a ball

EDSTART KNOW

- I can say how to kick with the inside of my foot.
- I can tell how to stand for kicking.
- I can say what accuracy means.

EDSTART GO

- I can kick a ball to my partner.
- I can aim at targets with my foot.
- I can play small games.

EDSTART SHOW

- I can cheer when my partner scores.
- I can wait behind the kicking line.
- I can play fairly in kicking games.

Lesson 4/6

To throw and kick a ball to a stationary target over various distances

EDSTART KNOW

- I can say what a target is.
- I can tell how to hit it with a ball.
- I can say why I use different actions.

EDSTART GO

- I can throw or kick at a hoop, cone, or bucket.
- I can play Target Golf and Aim to Win.
- I can hit my partner's "ships" in Battleships.

EDSTART SHOW

- I can clap when others hit the target.
- I can share targets fairly.
- I can say "well done" to my group.

Lesson 5/6

To show control and accuracy with the basic actions of throwing, rolling and kicking a ball

EDSTART KNOW

- I can say how to roll, throw, and kick.
- I can tell how to scoop a ball safely.
- I can say why I use two hands to catch.

EDSTART GO

- I can roll and scoop a ball.
- I can throw or kick to targets.
- I can play small games.

EDSTART SHOW

- I can cheer for my friends.
- I can play kindly in games.
- I can wait for my turn.

Lesson 6/6

To understand the difference in a variety of games using **throwing and kicking tactics/rules**

EDSTART KNOW

- I can say the names of games we play.
- I can tell why games have rules.
- I can say how to take turns.

EDSTART GO

- I can play small games.
- I can roll, throw, and kick to score.
- I can follow the rules in each game.

EDSTART SHOW

- I can play kindly with others.
- I can clap for my team.
- I can celebrate at the end.