

Year 3 - Sports from Around the World
Kabaddi, Spikeball & Danish Longball
- Unit of Work

MOVING
EDSTART

Lesson 1/6

To explore the basic movements and purpose of Kabaddi.

EDSTART KNOW

- I can explain the aim of Kabaddi and how raiders and defenders move.
- I can stay balanced and react quickly to space.
- I can recognise that teamwork and trust help us succeed.

EDSTART GO

- I can move quickly and safely between zones.
- I can tag and dodge with control.
- I can defend my space with good awareness.

EDSTART SHOW

- I can work cooperatively with my team.
- I can play fairly and support others.
- I can show confidence when trying new movements.

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Recap: To explore the basic movements and purpose of Kabaddi.

Lesson 2/6

**To work
cooperatively in simple
Kabaddi games.**

EDSTART KNOW

- I can play as a raider or a defender.
- I can follow simple team rules.
- I can play fairly and safely.

EDSTART GO

- I can perform quick raids into the opponent's zone.
- I can defend using good teamwork and spacing.
- I can communicate clearly with my teammates.

EDSTART SHOW

- I can celebrate others' success.
- I can help organise small-sided games.
- I can stay positive whether I win or lose.

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Recap: To work cooperatively in simple Kabaddi games.

Lesson 3/6

To explore the basic rules and equipment in Spikeball.

EDSTART KNOW

- I can explain the aim of Spikeball and how to rally the ball.
- I can choose good positions around the net.
- I can hit the ball safely.

EDSTART GO

- I can hit the ball with control and focus.
- I can move around the net to keep rallies going.
- I can work with my partner to stay in position.

EDSTART SHOW

- I can communicate clearly with my partner.
- I can show patience while learning new skills.
- I can support and encourage others.

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**MOVING
EDSTART**

Recap To explore the basic rules and equipment in Spikeball.

Lesson 4/6

**To play simple
cooperative rallies
and learn basic
scoring in Spikeball.**

EDSTART KNOW

- I can serve, rally, and score.
- I can move around the net as part of a team.
- I can encourage my partner.

EDSTART GO

- I can serve the ball fairly and accurately.
- I can move to cover my area around the net.
- I can work with my partner to keep rallies going.

EDSTART SHOW

- I can show patience and encouragement to others.
- I can respect rules and fair play.
- I can celebrate teamwork, not just points.

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MOVING
EDSTART

Recap: To play simple cooperative rallies and learn basic scoring in Spikeball.

Lesson 5/6

To explore throwing, catching, and batting skills in Danish Long Ball.

EDSTART KNOW

- I can describe the key skills used in Danish Longball.
- I can throw, catch, and bat safely.
- I can recognise where to run after batting.

EDSTART GO

- I can throw and catch a ball accurately.
- I can hit the ball with control and awareness.
- I can run safely between bases.

EDSTART SHOW

- I can cooperate with my team.
- I can listen to instructions carefully.
- I can show positivity and respect.

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MOVING
EDSTART

Recap: To explore throwing, catching, and batting skills in Danish Long Ball.

Lesson 6/6

To play mini matches and reflect on teamwork in Danish Long Ball.

EDSTART KNOW

- I can follow the main rules of the game.
- I can support my team.
- I can play fairly and safely.

EDSTART GO

- I can apply the rules during mini matches.
- I can support my teammates through good teamwork.
- I can communicate and adapt during play.

EDSTART SHOW

- I can show respect and sportsmanship.
- I can celebrate my team's effort.
- I can reflect on what went well.