

**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.

# **Year 3 - Sports from Around the World**

## **Kabaddi, Spikeball & Danish Longball**

### **- Unit of Work**

**MOVING**  
**EDSTART**

**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.**

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

**MOVING**  
**EDSTART**

**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.

# **Year 3 - Sports from Around the World**

## **Kabaddi, Spikeball & Danish Longball**

### **- Unit of Work**

**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.

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

**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.

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

**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.