

## **Lesson 1/6**

# **To introduce the technique of carrying the ball in Lacrosse**

### **EDSTART KNOW**

- I can explain how to hold the stick with two hands.
- I can describe why the stick should stay close to my body.
- I can understand the correct grip to carry safely.

### **EDSTART GO**

- I can carry the ball in my stick while moving.
- I can protect the ball from defenders.
- I can use carrying in small games.

### **EDSTART SHOW**

- I can respect defenders by playing safely.
- I can encourage teammates when they carry the ball.
- I can celebrate effort fairly.

**Year 3 - Sports from Around the World**  
**Lacrosse, Cornhole & Table Tennis**  
**- Unit of Work**

**MOVING**  
**EDSTART**

**Recap:** To introduce the technique of carrying the ball in Lacrosse.

**Lesson 2/6**

# To introduce the technique of scooping the ball in Lacrosse.

**EDSTART KNOW**

- I can explain how to scoop the ball from the ground.
- I can describe why I need to step next to the ball.
- I can understand how to return to carrying position.

**EDSTART GO**

- I can scoop the ball using my stick correctly.
- I can chase and scoop moving balls.
- I can use scooping in small games.

**EDSTART SHOW**

- I can respect my partner when practising scoops.
- I can encourage others during games.
- I can celebrate small improvements.

# Year 3 - Sports from Around the World

## Lacrosse, Cornhole & Table Tennis

### - Unit of Work

MOVING  
**EDSTART**

Recap: To introduce the technique of Scooping the ball in Lacrosse

#### Lesson 3/6

**To explore basic aiming and underarm throwing towards a target in Cornhole.**

##### **EDSTART KNOW**

- I can explain how underarm throwing works and what helps accuracy.
- I can describe how aiming and body position affect where the bag lands.
- I can notice what went well and how to improve my next throw.

##### **EDSTART GO**

- I can throw underarm with a smooth, controlled action toward a target.
- I can choose a starting position that helps me aim accurately.
- I can adjust my power and angle to reach the target consistently.

##### **EDSTART SHOW**

- I can encourage others and celebrate their good throws.
- I can take turns fairly and work well in a small team.
- I can listen, share feedback, and show respect during each activity.

# Year 3 - Sports from Around the World

## Lacrosse, Cornhole & Table Tennis

### - Unit of Work

MOVING  
EDSTART

**Recap:** To explore basic aiming and underarm throwing towards a target in Cornhole

#### Lesson 4/6

# To apply aiming skills in simple Cornhole games with a partner.

#### EDSTART KNOW

- can explain how to aim underarm towards a target.
- I can describe what helps my throw get closer to the board.
- I can remember and follow the rules of simple Cornhole games.

#### EDSTART GO

- I can throw underarm with a smooth, controlled action toward a target.
- I can adjust power and angle to improve where my bag lands.
- I can take turns and stay ready for my partner's throw.

#### EDSTART SHOW

- I can encourage my partner with positive words.
- I can celebrate effort as well as success in the game.
- I can play fairly and take turns responsibly.

# Year 3 - Sports from Around the World

## Lacrosse, Cornhole & Table Tennis

### - Unit of Work

MOVING  
**EDSTART**

**Recap:** To apply aiming skills in simple Cornhole games with a partner.

### Lesson 5/6

# To control a rally using simple bat-to- ball contacts in Table Tennis.

#### EDSTART KNOW

- I can explain how soft touches help me control the ball.
- I can describe why watching the ball closely improves accuracy.
- I can identify how my stance affects balance in rallies.

#### EDSTART GO

- I can tap the ball gently to keep a rally going.
- I can move my feet to stay balanced while playing.
- I can return the ball with control and steady timing.

#### EDSTART SHOW

- I can work with a partner to keep the rally calm and successful.
- I can encourage my partner with positive feedback.
- I can take turns fairly and communicate clearly during rallies.

# Year 3 - Sports from Around the World

## Lacrosse, Cornhole & Table Tennis

### - Unit of Work

MOVING  
**EDSTART**

**Recap:** To control a rally using simple bat-to-ball contacts in Table Tennis.

#### Lesson 6/6

# To combine simple rallying, serving, and scoring in small games in Table Tennis.

#### EDSTART KNOW

- can explain how to start a rally safely with a simple serve.
- I can describe how scoring works in small Table Tennis games.
- I can identify why fairness and respect matter in gameplay.

#### EDSTART GO

- I can serve the ball gently to begin a rally.
- I can rally calmly with a partner using soft contacts.
- I can move my feet to stay balanced during games.

#### EDSTART SHOW

- I can take turns to serve, rally, and score fairly.
- I can show respect with positive words and honest scoring.
- I can adapt to new partners and opponents with confidence.