

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.