

Lesson 1/6

**To be able to
take turns and
play fairly.**

EDSTART KNOW

- I can explain why taking turns is fair.
- I can say what rules are for.
- I can understand why sharing equipment is important.

EDSTART GO

- I can wait patiently for my turn.
- I can play by the rules of a game.
- I can share equipment fairly.

EDSTART SHOW

- I can cheer for others while I wait.
- I can show kindness by letting others go first.
- I can celebrate my team's effort.

Year 4 - Development of Wellbeing through PE

Success Criteria

Recap: To be able to take turns and play fairly.

Lesson 2/6

To be able to include everyone when playing.

EDSTART KNOW

- I can explain why including everyone is kind.
- I can say how it feels to be left out.
- I can notice when someone is being left out.

EDSTART GO

- I can invite someone to join in with me.
- I can make space for others in my group.
- I can help friends feel part of the team.

EDSTART SHOW

- I can celebrate when my friends do well.
- I can smile and cheer for my team.
- I can show respect by thanking my group.

Recap: To be able to include everyone when playing.

Lesson 3/6

**To be able to support a
partner kindly.**

EDSTART KNOW

- I can explain why partners need support.
- I can notice how helping makes others feel.
- I can understand how teamwork makes challenges easier.

EDSTART GO

- I can encourage my partner kindly.
- I can take turns leading and following.
- I can share success with my partner.

EDSTART SHOW

- I can clap for my partner when they try.
- I can smile when others succeed.
- I can celebrate teamwork over winning.

Recap: To be able to support a partner kindly.

Lesson 4/6

**To be able to listen
carefully and
follow rules.**

EDSTART KNOW

- I can explain why games have rules.
- I can understand that rules keep games fair.
- I can notice when rules are not followed.

EDSTART GO

- I can listen carefully to instructions.
- I can play by the rules of the game.
- I can respect the leader's decisions

EDSTART SHOW

- I can thank the referee or leader.
- I can model good listening for others.
- I can celebrate playing fairly with my team.

Year 4 - Development of Wellbeing through PE

Success Criteria

Recap: To be able to listen carefully and follow rules

Lesson 5/6

To be able to solve small problems without falling out.

EDSTART KNOW

- I can explain that problems are part of games.
- I can say that arguing makes games less fun.
- I can understand that staying calm helps solve problems.

EDSTART GO

- I can use kind words to solve disagreements.
- I can help my team when things go wrong.
- I can keep trying even when I feel upset.

EDSTART SHOW

- I can share how my team solved a problem.
- I can celebrate when my group worked together kindly.
- I can model calm behaviour for others.

Year 4 - Development of Wellbeing through PE

Success Criteria

Recap: To be able to solve small problems without falling out.

Lesson 6/6

To be able to explain why playing together feels good.

EDSTART KNOW

- I can explain that playing together builds friendships.
- I can understand that teamwork is more important than winning.
- I can say why celebrating others makes us feel good.

EDSTART GO

- I can join in with my team confidently.
- I can help my group enjoy playing together.
- I can keep going to support my friends.

EDSTART SHOW

- I can celebrate my friends' effort.
- I can cheer for my team in a kind way.
- I can enjoy being part of the class celebration.