

Lesson 1/6

To develop the technique of scooping and carrying the ball in lacrosse.

EDSTART KNOW

- I can explain how to hold my lacrosse stick correctly for scooping.
- I can describe where my hands go on the stick when scooping.
- I can explain why the stick stays low to the ground when scooping.

EDSTART GO

- I can hold my stick across my body with the head near my shoulder.
- I can place one hand at the top and one at the bottom to scoop correctly.
- I can scoop the ball smoothly and return to the carrying position.

EDSTART SHOW

- I can work safely when scooping near others.
- I can take turns and share equipment sensibly.
- I can show focus and control when practising my scooping skills.

Year 4 -Sports from Around the World - Lacrosse, Cornhole & Table Tennis Success Criteria

PLAYING
EDSTART

Recap: To develop the technique of scooping and carrying the ball in lacrosse.

Lesson 2/6

To develop the technique of throwing the ball in lacrosse.

EDSTART KNOW

- I can explain how to hold my lacrosse stick for throwing.
- I can describe why my front elbow needs to stay high.
- I can explain how pushing and pulling helps me throw accurately.

EDSTART GO

- I can hold my stick with my hands high and away from my body.
- I can keep my front elbow high to help aim my throw.
- I can pull with my bottom hand and push with my top hand to throw.

EDSTART SHOW

- I can throw safely when working with a partner.
- I can show control and care with equipment.
- I can encourage my partner and work cooperatively.

Recap: To develop the technique of throwing the ball in lacrosse.

Lesson 3/6

To develop consistent underarm throwing using shape, angle, and follow-through. in Cornhole.

EDSTART KNOW

- **I can explain the correct shape for an underarm throw.**
- **I can describe how angle changes where the beanbag lands.**
- **I can explain why follow-through helps my accuracy.**

EDSTART GO

- **I can throw underarm with a steady rhythm and smooth follow-through.**
- **I can change my throwing angle to aim at different parts of the board.**
- **I can repeat the same throwing action to improve consistency.**

EDSTART SHOW

- **I can focus carefully when aiming my throw.**
- **I can notice what helps me improve and try it again.**
- **I can support others and take turns fairly.**

Recap: To develop consistent underarm throwing using shape, angle, and follow-through in Cornhole.

Lesson 4/6

To play small Cornhole
games using simple
scoring and tactics.

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain how the Cornhole scoring system works.• I can describe the difference between aiming for the board or the hole.• I can explain a simple tactic to score more points.	<ul style="list-style-type: none">• I can choose when to aim for the board or the hole.• I can keep track of my own points using the scoring system.• I can use simple tactics during small games.	<ul style="list-style-type: none">• I can work cooperatively with my partner to plan tactics.• I can play fairly and take turns correctly.• I can show honesty when scoring points.

Recap: To play small Cornhole games using simple scoring and tactics.

Lesson 5/6

To rally with control
using forehand hits and
simple movement
patterns
in Table Tennis.

EDSTART KNOW

- **I can explain how to hold the bat using the correct forehand grip.**
- **I can describe the ready position for table tennis.**
- **I can explain why moving my feet helps me hit the ball better.**

EDSTART GO

- **I can use a controlled forehand tap with the correct grip.**
- **I can rally with my partner for several consecutive hits.**
- **I can move my feet to adjust to the ball's direction.**

EDSTART SHOW

- **I can work cooperatively with my partner during rallies.**
- **I can show patience and focus when practising.**
- **I can encourage my partner and celebrate effort.**

Year 4 -Sports from Around the World - Lacrosse, Cornhole & Table Tennis Success Criteria

PLAYING
EDSTART

Recap: To rally with control using forehand hits and simple movement patterns in Table Tennis.

Lesson 6/6

To combine serving, rallying, and scoring in simple competitive play.

EDSTART KNOW

- I can explain how to perform a basic drop-serve.
- I can describe how scoring works in a simple game.
- I can explain why fairness is important when competing.

EDSTART GO

- I can serve using a simple drop-serve method.
- I can rally with control during short matches.
- I can keep score with minimal adult support.

EDSTART SHOW

- I can show fairness when winning or losing.
- I can follow rules and respect my opponent.
- I can stay calm and in control during competition.