

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.

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.

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

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

PLAYING
EDSTART

Lesson 4/6

To play small Cornhole games using simple scoring and tactics.

EDSTART KNOW

- 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.

EDSTART GO

- 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.

EDSTART SHOW

- 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.