

Lesson 1/6

To be able to apply planned strategies in Kabaddi matches.

EDSTART KNOW

- I know how to organise my team and plan raids.
- I know how to adjust tactics during a match.
- I know how to analyse what worked and what didn't.

EDSTART GO

- I can lead a team huddle and assign roles.
- I can execute raids with confidence and control.
- I can adapt our plan mid-game based on performance.

EDSTART SHOW

- I can show respect and support for my team.
- I can stay positive even under pressure.
- I can celebrate effort and teamwork equally.

Recap: To be able to apply planned strategies in Kabaddi matches.

Lesson 2/6

To be able to officiate and support fair Kabaddi play.

EDSTART KNOW

- **I know the rules of Kabaddi and how to enforce them.**
- **I know why fairness is important in competition.**
- **I know how to score accurately and consistently.**

EDSTART GO

- **I can referee small matches confidently.**
- **I can record scores clearly and fairly.**
- **I can manage decisions calmly.**

EDSTART SHOW

- **I can show honesty when officiating.**
- **I can support others respectfully.**
- **I can uphold fairness in all situations.**

Recap: To be able to officiate and support fair Kabaddi play.

Lesson 3/6

To be able to use attacking and defensive formations around the net in Spikeball.

EDSTART KNOW

- I know where to position to defend effectively.
- I know how to use formations for attack and defence.
- I know how to adjust to different rallies.

EDSTART GO

- I can anticipate shots confidently.
- I can communicate tactically during rallies.
- I can reposition quickly for success.

EDSTART SHOW

- I can motivate and encourage my partner.
- I can play fairly with composure.
- I can celebrate teamwork, not just winning.

Recap: To be able to use attacking and defensive formations around the net in Spikeball

Lesson 4/6

To be able to umpire and record Spikeball tournament results.

EDSTART KNOW

- I know how to apply scoring rules consistently.
- I know how to umpire with confidence and calmness.
- I know how to record results accurately.

EDSTART GO

- I can apply scoring rules in tournament games.
- I can make fair, confident calls under pressure.
- I can communicate clearly with all players.

EDSTART SHOW

- I can stay neutral in competition.
- I can celebrate fairness and effort.
- I can support others through honest officiating

Recap: To be able to umpire and record Spikeball tournament results.

Lesson 5/6

To be able to lead a team in match situations in Danish Longball.

EDSTART KNOW

- I know how to organise batting and fielding positions.
- I know how to make quick tactical decisions.
- I know how to lead through encouragement.

EDSTART GO

- I can organise batting orders and field placements.
- I can make decisions under pressure.
- I can communicate calmly and clearly as leader.

EDSTART SHOW

- I can motivate teammates to perform.
- I can model fairness in competition.
- I can show pride in our collective effort.

Recap: To be able to lead a team in match situations in Danish Longball.

Lesson 6/6

To be able to run a mini-tournament and reflect on performance **in Danish Longball**

EDSTART KNOW

- **I know how to manage fixtures and time effectively.**
- **I know how to record and check scores accurately.**
- **I know how to reflect on team performance.**

EDSTART GO

- **I can organise fixtures and manage games independently.**
- **I can coach and support peers positively.**
- **I can evaluate progress and performance constructively.**

EDSTART SHOW

- **I can take pride in fair competition.**
- **I can recognise others' contributions.**
- **I can celebrate improvement, not just victory.**