

Lesson 1/6

To be able to shoot whilst on the move in Lacrosse.

EDSTART KNOW

- I can explain how to hold the stick when shooting.
- I can describe why my front elbow needs to stay high.
- I can identify why follow-through helps with accuracy.

EDSTART GO

- I can change from cradling to shooting while moving.
- I can aim at a target while travelling at speed.
- I can shoot using the correct body position.

EDSTART SHOW

- I can shoot accurately while moving.
- I can keep control of the ball before and after shooting.
- I can show confidence when attacking the goal.

Recap: To be able to shoot whilst on the move in Lacrosse.

Lesson 2/6

To be able to deny the opposition goal scoring opportunities in Lacrosse.

EDSTART KNOW

- I can explain what man-marking means.
- I can identify where to stand to see ball and player.
- I can describe why delaying attacks is important.

EDSTART GO

- I can follow an attacker and stay goal-side.
- I can force the ball carrier away from goal.
- I can adjust my body position to defend effectively.

EDSTART SHOW

- I can prevent shots through good positioning.
- I can apply pressure without fouling.
- I can work as part of a defensive unit.

Recap: To be able to deny the opposition goal scoring opportunities in Lacrosse.

Lesson 3/6

To improve accurate underarm throwing using correct stance, grip, and follow-through in Cornhole.

EDSTART KNOW

- I can explain the correct underarm throwing action.
- I can describe what a balanced stance looks like.
- I can recall the basic scoring rules of Cornhole.

EDSTART GO

- I can throw with controlled underarm action.
- I can change my power depending on the distance.
- I can aim consistently at the target.

EDSTART SHOW

- I can hit the target accurately using correct technique.
- I can demonstrate control rather than power.
- I can follow Cornhole rules independently.

Recap: To improve accurate underarm throwing using correct stance, grip, and follow-through in Cornhole.

Lesson 4/6

To apply accuracy into competitive games using attacking and blocking tactics in Cornhole.

EDSTART KNOW

- I can explain when to aim for points or block.
- I can describe fair play and good sportsmanship.
- I can recall how scoring works in Cornhole.

EDSTART GO

- I can choose attacking or blocking throws.
- I can keep score accurately.
- I can communicate with my teammates.

EDSTART SHOW

- I can use tactics to outscore my opponent.
- I can play fairly and honestly.
- I can support teammates positively.

Recap: To apply accuracy into competitive games using attacking and blocking tactics in Cornhole.

Lesson 5/6

To be able to lead a team in match situations in Table Tennis.

EDSTART KNOW

- I can explain how to hold a table tennis bat.
- I can describe the forehand action.
- I can explain why a ready position is important.

EDSTART GO

- I can strike the ball with a controlled forehand.
- I can sustain a short rally with a partner.
- I can move into space after each shot.

EDSTART SHOW

- I can keep a rally going with control.
- I can recover quickly to ready position.
- I can show consistent bat control.

Recap: To be able to apply basic bat control and consistent forehand rallies in Table Tennis.

Lesson 6/6

To be able to apply skills in competitive matches using correct serving and scoring rules in Table Tennis

EDSTART KNOW

- I can explain what makes a legal serve.
- I can describe basic scoring rules.
- I can explain how to officiate fairly.

EDSTART GO

- I can perform a legal serve to start rallies.
- I can choose appropriate shots in games.
- I can apply scoring rules independently.

EDSTART SHOW

- I can play a full competitive match correctly.
- I can make fair decisions when officiating.
- I can show sportsmanship in both winning and losing.