

Lesson 1/6

To be able to coordinate attacking and defensive roles in Kabbadi.

EDSTART KNOW

- I know how team shape affects attack and defence.
- I know how to plan and adapt a raid.
- I know why communication improves success.

EDSTART GO

- I can move into position to support teammates.
- I can plan and perform a simple raid.
- I can recover and reposition after a raid.

EDSTART SHOW

- I can listen to others' ideas and adapt quickly.
- I can show patience and trust in my team.
- I can show respect for rules and fair play.

Recap: To be able to coordinate attacking and defensive roles in Kabbadi

Lesson 2/6

To be able to use strategies to win points in Kabaddi.

EDSTART KNOW

- **I know how to protect my zone effectively.**
- **I know how to move as part of a defensive line.**
- **I know how to recover shape after pressure.**

EDSTART GO

- **I can defend as part of a team unit.**
- **I can track and intercept without fouling.**
- **I can communicate and adjust quickly.**

EDSTART SHOW

- **I can support teammates when under pressure.**
- **I can stay calm and positive after mistakes.**
- **I can celebrate team defence success together.**

Recap: To be able to use strategies to win points in Kabbadi

Lesson 3/6

To be able to control first touches to set up a partner in Spikeball.

EDSTART KNOW

- I know how to use a soft first touch.
- I know how positioning supports my partner.
- I know how to adjust to rebounds.

EDSTART GO

- I can set up my partner with accurate passes.
- I can move and recover quickly into space.
- I can anticipate rebounds and defend.

EDSTART SHOW

- I can communicate positively.
- I can stay calm after mistakes.
- I can help others improve.

Recap: To be able to control first touches to set up a partner in Spikeball.

Lesson 4/6

To be able to apply rally tactics in mini games in Spikeball.

EDSTART KNOW

- **I know how to serve accurately and react to rebounds.**
- **I know how positioning and angles affect play.**
- **I know how teamwork and rotation improve performance.**

EDSTART GO

- **I can serve consistently and move into a ready stance.**
- **I can adjust my position quickly after each contact.**
- **I can apply attacking and defensive tactics during rallies.**

EDSTART SHOW

- **I can communicate calmly and positively under pressure.**
- **I can respect officials and show fairness in competition.**
- **I can support teammates and show leadership when rotating roles.**

Recap: To be able to apply rally tactics in mini games in Spikeball.

Lesson 5/6

To be able to improve accuracy when batting and fielding in Danish Longball.

EDSTART KNOW

- I know how to aim when batting.
- I know how fielders can cover space.
- I know when to run or stay.

EDSTART GO

- I can strike accurately toward space.
- I can throw accurately to bases.
- I can communicate while fielding.

EDSTART SHOW

- I can support my teammates.
- I can stay positive in play.
- I can celebrate team effort.

Recap: To be able to improve accuracy when batting and fielding in Danish Longball.

Lesson 6/6

To be able to use basic tactics in competitive play in Danish Longball

EDSTART KNOW

- I know the scoring and rules.
- I know how to umpire fairly.
- I know how to adapt tactics mid-game.

EDSTART GO

- I can bat, run, and field confidently.
- I can lead and support my team.
- I can reflect and improve performance.

EDSTART SHOW

- I can play fairly and honestly.
- I can show leadership and kindness.
- I can celebrate everyone's effort.