

Lesson 1/6

To develop the techniques of scooping, carrying and cradling the ball.

EDSTART KNOW

- I can explain how to scoop the ball safely.
- I can describe how to cradle the ball while moving.
- I can explain why keeping the stick head moving controls the ball.

EDSTART GO

- I can scoop the ball from the floor with control.
- I can cradle while running using shoulder-to-chin movement.
- I can move smoothly between scooping, carrying and cradling.

EDSTART SHOW

- I can keep possession while travelling with the ball.
- I can move confidently at speed with control.
- I can protect the ball from defenders.

Recap: To develop the techniques of scooping, carrying, and cradling the ball.

Lesson 2/6

To develop the techniques throwing and catching the ball. in Lacrosse.

EDSTART KNOW

- I can explain the correct throwing technique.
- I can describe the side-on body position.
- I can explain how to cushion the ball when catching.

EDSTART GO

- I can throw accurately using correct grip and stance.
- I can catch the ball by dropping my top elbow.
- I can pass and receive while on the move.

EDSTART SHOW

- I can make successful passes under pressure.
- I can receive the ball cleanly and safely.
- I can keep possession in small-sided games.

Recap: To develop the techniques throwing and catching the ball in Lacrosse.

Lesson 3/6

To refine accuracy using adjusting angles, stance, and power in Cornhole.

EDSTART KNOW

- I can explain why stance affects accuracy.
- I can describe how angle and power change a throw.
- I can explain how to improve accuracy through small adjustments.

EDSTART GO

- I can choose a balanced stance for throwing.
- I can change height and power of my throw.
- I can aim consistently at the target.

EDSTART SHOW

- I can communicate I can hit the target regularly with accuracy.
- I can correct my own technique when needed.
- I can show control instead of just power.

Recap: To refine accuracy using adjusting angles, stance, and power in Cornhole.

Lesson 4/6

To use throwing tactics in partner and team Cornhole games.

EDSTART KNOW

- I can explain when to aim for points or block.
- I can describe simple Cornhole tactics.
- I can explain why teamwork helps performance.

EDSTART GO

- I can choose the best throw for the situation.
- I can work with my team to plan shot order.
- I can keep score accurately during games.

EDSTART SHOW

- I can apply tactics in competitive games.
- I can communicate positively with teammates.
- I can show fairness and sportsmanship.

Recap: To use throwing tactics in partner and team Cornhole games.

Lesson 5/6

To rally using forehand and backhand with increasing consistency in Table Tennis.

EDSTART KNOW

- I can explain the difference between forehand and backhand.
- I can describe how to prepare early for a shot.
- I can explain why control is more important than power.

EDSTART GO

- I can switch between forehand and backhand shots.
- I can move early into position for the next shot.
- I can maintain controlled rallies with a partner.

EDSTART SHOW

- I can keep a rally going with accuracy.
- I can recover to ready position after every shot.
- I can show consistent bat and ball control.

Recap: To rally using forehand and backhand with increasing consistency in Table Tennis.

Lesson 6/6

To combine serving, rallying, tactics, and scoring in competitive Table Tennis games.

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 use different serves to start points.
- I can choose appropriate shots during rallies.
- I can apply footwork and tactics in games.

EDSTART SHOW

- I can play a full game confidently.
- I can self-officiate and keep score accurately.
- I can show respect, honesty and resilience.