

Year 1 - Fundamental Movement Skills Knowledge Organiser

COMPETING
EDSTART

EDSTART KNOW

- I can name different ways to move and control a ball using my hands and feet.
- I can say why it is important to keep control when I am dribbling or dodging.
- I can talk about how to move safely around others while using a ball.

EDSTART GO

- I can dribble the ball with my feet, keeping it close and under control.
- I can dribble a ball with my hands while standing still or moving slowly.
- I can dodge a defender using different movements to stay in space.

EDSTART SHOW

- I can show good control when moving and keeping the ball close to me.
- I can use quick movements to dodge and stay away from others.
- I can explain how I stayed in control of the ball during the activity.

Key Vocabulary

dribble, dodge, control, space, feet, hands, movement, balance

