

Year 1 - Fundamental Movement Skills Knowledge Organiser

MOVING
EDSTART

PLAYING
EDSTART

EDSTART KNOW

- I can name different ways my body can move, such as twisting, bending, and stretching.
- I can say why it's important to stay balanced and in control when I move.
- I can talk about how my body changes when I move in different ways.
- I can name different ways my body can move, like running, jumping, and dodging.
- I can say why it is important to stay in control and be safe when I move.
- I can talk about how my body changes when I am moving quickly or slowly.
- I can name different ways to move or control a ball, like throwing, catching, or kicking.
- I can say that games can be played in different ways using different equipment.
- I can talk about how to aim and use control when trying to hit a target.

EDSTART GO

- I can move my body with control when I travel, jump, or balance.
- I can change my shape and level while keeping my balance.
- I can use different body parts to move smoothly and safely.
- I can move safely and stop or start under control.
- I can run, jump, and leap in different directions and at different speeds.
- I can dodge and find space when moving around others.
- I can throw, catch, or kick a ball with control.
- I can aim for a big target and try to hit it.
- I can work with a partner or small group to practice my skills.

EDSTART SHOW

- I can show good control when balancing or changing direction.
- I can copy and repeat movements with confidence.
- I can explain how I stayed balanced and in control during an activity.
- I can move with confidence and keep in my own space.
- I can explain how I stayed safe and controlled while moving in different ways.
- I can show that I can control a ball safely when playing games.
- I can take turns and work well with others during activities.
- I can explain how I used throwing, catching, or kicking in a game.

Key Vocabulary

run, jump, leap, hop, skip, dodge, space, control, balance, travel, balance, stretch, bend, twist, control, movement, body, shape, steady, travel, throw, catch, kick, aim, target, control, roll, teamwork

