

# Year 2 - Fundamental Movement Skills Knowledge Organiser

MOVING  
EDSTART

PLAYING  
EDSTART

## EDSTART KNOW

- I can name different ways to move my body such as hopping, bouncing, and skipping.
- I can say which direction I am moving in — forwards, backwards, or sideways.
- I can talk about how my body feels and what muscles I am using when I move.
- I can name different ways to move and control an object, such as rolling, striking, or throwing.
- I can explain the difference between rolling, bouncing, and throwing a ball.
- I can talk about how to choose the right target, space, and equipment for an activity.

## EDSTART GO

- I can hop, bounce, and skip in different directions with control.
- I can change the way I move to match the activity or space.
- I can use the correct words to describe how I am moving.
- I can roll, strike, kick, catch, and gather a ball with control and confidence.
- I can use the right amount of power when rolling, bouncing, or throwing.
- I can choose suitable targets and use space effectively during activities.

## EDSTART SHOW

- I can show control and balance when moving in different directions.
- I can use movement vocabulary to explain what I am doing.
- I can show confidence and coordination when performing different body actions.
- I can show control and coordination when using different object control skills.
- I can make good choices about where and how to move the ball.
- I can explain how I used the correct technique for each skill.

## Key Vocabulary

**hop, bounce, skip, forwards, backwards, sideways,**  
**control, direction, roll, strike, kick, throw, catch,**  
**bounce, control, target**

