

**Lesson 1/6**

# **To confidently travel in a controlled manner on their feet in different ways and recognise directions**

## **EDSTART KNOW**

- I can explain what the word “space” means in PE.
- I can describe how to move safely around others.
- I can understand why I change direction when moving.

## **EDSTART GO**

- I can walk, run, skip, hop, and bounce in different directions.
- I can find and move into space with control.
- I can join in games and activities.

## **EDSTART SHOW**

- I can respect my classmates’ space.
- I can encourage my team when playing games.
- I can celebrate everyone’s effort in movement activities.

**Lesson 2/6**

# To demonstrate different ways of travelling fast and slow using different movements

## **EDSTART KNOW**

- I can explain how to travel fast and slow.
- I can describe how to keep control when changing speed.
- I can understand how games use speed.

## **EDSTART GO**

- I can travel using walking, running, hopping, skipping, and bouncing.
- I can play games and activities
- I can change speed while keeping balance.

## **EDSTART SHOW**

- I can respect others while moving quickly.
- I can encourage friends in speed challenges.
- I can celebrate effort and fair play.

**Lesson 3/6**

**To demonstrate different  
ways of travelling using  
small and large body parts;  
making wide, thin, tall,  
and curled body shapes**

**EDSTART KNOW**

- I can explain the difference between large and small body parts.
- I can describe how to move using hands, feet, and other parts.
- I can understand how to change shapes when moving.

**EDSTART GO**

- I can travel using small and large body parts.
- I can make wide, thin, tall, and curled shapes.
- I can apply skills in small activities.

**EDSTART SHOW**

- I can respect classmates when moving around equipment.
- I can encourage others to try new ways of travelling.
- I can celebrate effort and creativity.

**Lesson 4/6**

# **To know the differences between a leap and a jump and be able to land safely**

## **EDSTART KNOW**

- I can explain the difference between a jump and a leap.
- I can describe how to land safely.
- I can understand how to twist safely in the air.

## **EDSTART GO**

- I can jump from two feet to two feet.
- I can leap from two feet to one foot.
- I can land with control using different shapes.

## **EDSTART SHOW**

- I can respect my partner when practising jumps.
- I can encourage others to try new shapes.
- I can celebrate fairness in jumping games.

**Lesson 5/6**

# **To move around and link together a wide variety of movements under control**

## **EDSTART KNOW**

- I can explain how to link movements together.
- I can describe how to keep body tension in balances.
- I can understand how to create short routines.

## **EDSTART GO**

- I can link travelling, balances, rolls, and jumps.
- I can create a 4–5 action sequence with a partner.
- I can apply balances like point and patch.

## **EDSTART SHOW**

- I can respect classmates' routines.
- I can encourage others when performing.
- I can celebrate creativity in routines.

**Lesson 6/6**

# **To link together 4/5 basic moves in a short sequence**

## **EDSTART KNOW**

- I can explain how to build a routine with 4–5 moves.
- I can describe how to use balance, roll, travel, and jump together.
- I can understand how to use gymnastic vocabulary when reviewing.

## **EDSTART GO**

- I can perform a short sequence with a partner.
- I can use balances, jumps, and rolls in a routine.
- I can share my routine in a performance.

## **EDSTART SHOW**

- I can respect classmates when giving feedback.
- I can encourage my partner during routines.
- I can celebrate everyone's effort.