

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.