

Lesson 1/6

To confidently travel on their feet in different ways and recognise directions

EDSTART KNOW

- I can explain what the word “space” means in PE.
- I can describe different ways of travelling on my feet.
- I can understand how to move safely around others.

EDSTART GO

- I can travel using walking, jogging, skipping, hopping, and bouncing.
- I can change direction while keeping control.
- I can apply skills in small games

EDSTART SHOW

- I can respect others’ space while moving.
- I can encourage my friends during games.
- I can celebrate everyone’s effort.

Lesson 2/6

To change the way of travelling in a controlled manner and show an awareness of directions

EDSTART KNOW

- I can explain how to change direction under control.
- I can describe why balance helps me stay safe.
- I can understand how to use speed in games.

EDSTART GO

- I can change direction while walking, jogging, and running.
- I can stop and start safely.
- I can play small games.

EDSTART SHOW

- I can respect my friends when we move quickly.
- I can encourage others to keep trying.
- I can celebrate improvements in control.

Lesson 3/6

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

EDSTART KNOW

- I can explain what “fast” and “slow” mean in PE.
- I can describe how to use different speeds in games.
- I can understand how to move under control.

EDSTART GO

- I can move fast and slow with balance.
- I can use skipping, sliding, crawling, and hopping.
- I can apply speed changes in small games.

EDSTART SHOW

- I can respect others while moving at different speeds.
- I can encourage my partner during challenges.
- I can celebrate effort fairly.

Lesson 4/6

**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 what small and large body parts are.
- I can describe how to balance with different body parts.
- I can understand how to change shapes safely.

EDSTART GO

- I can move using hands, feet, back, and tummy.
- I can make wide, tall, thin, and curled shapes.
- I can keep control while balancing beanbags.

EDSTART SHOW

- I can respect my classmates in group games.
- I can encourage others when trying new movements.
- I can celebrate fair play.

Lesson 5/6

**To know, understand
and show how to**
**jump, land, sink down
and add turning
jumps, e.g. $\frac{1}{4}$, $\frac{1}{2}$**

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 in the air.

EDSTART GO

- I can jump from two feet to two feet.
- I can leap and hop with control.
- I can link jumps in routines.

EDSTART SHOW

- I can respect my partner in jump practice.
- I can encourage classmates when jumping.
- I can celebrate creativity in routines.

Lesson 6/6

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 use balance, travel, and jumps in a routine.
- I can understand how to perform a sequence with control.

EDSTART GO

- I can link 4–5 actions into a routine.
- I can perform balances, jumps, rolls, and travels.
- I can share my sequence with the class.

EDSTART SHOW

- I can respect my classmates when they perform.
- I can encourage my group during routines.
- I can celebrate effort and creativity.