

Lesson 1/6

**To run skilfully and
negotiate space
successfully, adjusting
speed or direction
to avoid obstacles**

EDSTART KNOW

- I can explain what agility means.
- I can describe how to change direction safely.
- I can understand why I need to look where I am going.

EDSTART GO

- I can run at different speeds.
- I can dodge obstacles and classmates.
- I can play racing and chasing games safely.

EDSTART SHOW

- I can respect others' space.
- I can encourage my team in games.
- I can celebrate fair play.

Lesson 2/6

**To safely move around
at different speeds,
heights and being
able to stop and
start under control**

EDSTART KNOW

- I can explain what speed means.
- I can describe how to travel at high and low levels.
- I can understand how to stop and start under control.

EDSTART GO

- I can walk, run, hop, and crawl at different speeds.
- I can balance on benches and hoops.
- I can move through obstacle courses safely.

EDSTART SHOW

- I can respect equipment and classmates.
- I can encourage my friends to keep trying.
- I can celebrate effort, not just results.

Lesson 3/6

To move using a variety of different ways

EDSTART KNOW

- I can explain different ways of moving.
- I can describe how superheroes move.
- I can understand how to avoid being tagged.

EDSTART GO

- I can run, jump, hop, skip, and leap.
- I can dodge in small games.

EDSTART SHOW

- I can respect the taggers in games.
- I can encourage my team in challenges.
- I can celebrate imagination and fun.

Lesson 4/6

To travel with skill under, over and around various equipment whilst balancing and climbing

EDSTART KNOW

- I can explain how to move safely over, under, and around equipment.
- I can describe why balance is important.
- I can understand how to change my movements.

EDSTART GO

- I can crawl through hoops and walk across benches.
- I can travel using skipping, jogging, and jumping.
- I can play treasure hunt games with my team.

EDSTART SHOW

- I can respect my group when sharing equipment.
- I can encourage teammates during challenges.
- I can celebrate everyone's effort.

Lesson 5/6

To walk, run, stop and start using different speeds and directions following certain commands

EDSTART KNOW

- I can explain how to stop and start safely.
- I can describe why I need to change speed in games.
- I can understand how to dodge others.

EDSTART GO

- I can stop and start when the coach gives signals.
- I can move like cars, planes, and trains.
- I can score points by travelling through gates.

EDSTART SHOW

- I can respect others while racing.
- I can encourage my team in transport games.
- I can celebrate fairness in games.

Lesson 6/6

To walk, run, jump, leap and land under control

EDSTART KNOW

- I can explain how to jump and leap safely.
- I can describe how to land on two feet.
- I can understand how to balance after a jump.

EDSTART GO

- I can jump from one foot to two feet.
- I can leap and hop with balance.

EDSTART SHOW

- I can respect others during performances.
- I can encourage my group when we share.
- I can celebrate everyone's effort and learning.