

Lesson 1/6

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

EDSTART KNOW

- I can say the names of ways to move.
- I can tell which way I am going.
- I can say why I need space.

EDSTART GO

- I can walk, run, hop, and skip.
- I can move like animals and vehicles.
- I can balance a beanbag on my body.

EDSTART SHOW

- I can use space safely.
- I can wait my turn in games.
- I can cheer for my friends.

Lesson 2/6

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

EDSTART KNOW

- I can say what stop, start, and turn mean.
- I can tell why I look before moving.
- I can say how to go fast and slow.

EDSTART GO

- I can move north, south, east, and west.
- I can stop at red and go at green.

EDSTART SHOW

- I can follow the rules.
- I can smile when I play.
- I can say “good try” to friends.

Lesson 3/6

To demonstrate different ways of travelling using small and large body parts

EDSTART KNOW

- I can say names of body parts.
- I can tell how to balance on them.
- I can say why I need control.

EDSTART GO

- I can travel on small and big body parts.
- I can touch as many spots as I can.
- I can move quietly in games.

EDSTART SHOW

- I can share space with others.
- I can play kindly.
- I can clap for my group.

Lesson 4/6

To demonstrate wide, thin, tall, and curled body shapes when travelling

EDSTART KNOW

- I can say wide, thin, tall, and curled.
- I can tell how to travel in shapes.
- I can say why balance matters.

EDSTART GO

- I can make different shapes with my body.
- I can balance a beanbag on my hand, shoulder, or head.
- I can freeze when tagged.

EDSTART SHOW

- I can try my best at balancing.
- I can cheer when friends make shapes.
- I can play fairly.

Lesson 5/6

To know, understand and show how to jump, land and sink down

EDSTART KNOW

- I can say what a jump is.
- I can tell how to bend my knees.
- I can say why I land on two feet.

EDSTART GO

- I can hop, bounce, and leap.
- I can jump from one foot to two.
- I can jump over “waves” and land safely.

EDSTART SHOW

- I can take turns in jumping.
- I can clap for my partner.
- I can celebrate my team.

Lesson 6/6

To stand momentarily on one foot when shown

EDSTART KNOW

- I can say what balance means.
- I can tell how many body parts I use.
- I can say why I stay still.

EDSTART GO

- I can balance on one foot.
- I can freeze on different body parts.
- I can step across “stones” without falling.

EDSTART SHOW

- I can play kindly in balancing games.
- I can clap for my friends.
- I can finish calmly.