

**Lesson 1/6**

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

## **EDSTART KNOW**

- I can say slow, fast, high, and low.
- I can tell why I stop and start.
- I can name ways to move.

## **EDSTART GO**

- I can run, hop, skip, and crawl.
- I can move fast, slow, high, and low.
- I can stop safely when told.

## **EDSTART SHOW**

- I can share space with others.
- I can cheer when friends play.
- I can wait for my turn.

**Lesson 2/6**

# **To walk, move and run whilst using various pieces of equipment**

## **EDSTART KNOW**

- I can say how to hold a hoop or cone.
- I can tell why I look where I go.
- I can name different equipment.

## **EDSTART GO**

- I can run while carrying equipment.
- I can play small games.
- I can change speed and direction safely.

## **EDSTART SHOW**

- I can look after equipment.
- I can share with my team.
- I can say “good job” to friends.

**Lesson 3/6**

# To move around using various techniques

## **EDSTART KNOW**

- I can say names of movements.
- I can tell how to move with control.
- I can say how to stay safe in space.

## **EDSTART GO**

- I can walk, run, hop, crawl, and jump.
- I can play small games.
- I can balance in hoops or on benches.

## **EDSTART SHOW**

- I can be careful around others.
- I can clap when friends play.
- I can play fairly in teams.

**Lesson 4/6**

# To walk, run, stop and start using different commands

## **EDSTART KNOW**

- I can say stop and go.
- I can tell how to follow instructions.
- I can name ways to move.

## **EDSTART GO**

- I can stop and start quickly.
- I can copy my leader.
- I can play small games.

## **EDSTART SHOW**

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

**Lesson 5/6**

**To negotiate space  
successfully when playing  
racing and chasing games  
with other children,  
adjusting speed or changing  
direction to avoid obstacles**

**EDSTART KNOW**

- I can say how to chase safely.
- I can tell why I change direction.
- I can say what a race is.

**EDSTART GO**

- I can run and dodge obstacles.
- I can play small games

**EDSTART SHOW**

- I can try my best in races.
- I can clap for my friends.
- I can wait for my turn.

**Lesson 6/6**

# To play small team games involving different types of movement

## **EDSTART KNOW**

- I can say we are playing games.
- I can tell how to freeze in Ice Tag.
- I can name ways to move.

## **EDSTART GO**

- I can run, leap, and land safely.
- I can play small games.

## **EDSTART SHOW**

- I can play fairly in teams.
- I can cheer for my friends.
- I can say “well done” at the end.