

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.