

Lesson 1/6

To explore rocket, star, and moon shapes with **control and stillness.**

EDSTART KNOW

- I can show rocket, star, and moon shapes.
- I can stay still to hold my shape.
- I can use mats safely.

EDSTART GO

- I can make shapes with my body.
- I can hold them for 3 seconds.
- I can travel across a mat and stop in a shape.

EDSTART SHOW

- I can copy my partner's shape.
- I can perform my shape confidently.
- I can clap and celebrate my partner's shape.

Lesson 2/6

To perform balances with stillness.

EDSTART KNOW

- I can show balances on 1 foot, knees, and front support.
- I can keep my tummy strong to stay steady.
- I can climb and land safely on apparatus.

EDSTART GO

- I can balance on different body parts.
- I can hold a balance for 3–5 seconds.
- I can travel across a bench and stop in a balance.

EDSTART SHOW

- I can copy my partner's balance.
- I can perform my balance to the class.
- I can say something positive about my partner's balance.

Lesson 3/6

To explore rolling actions safely.

EDSTART KNOW

- I can tuck my chin to roll safely.
- I can round my back for rolling.
- I can roll slowly and carefully on mats.

EDSTART GO

- I can rock in a tuck shape.
- I can roll sideways like a log.
- I can finish my roll in a shape

EDSTART SHOW

- I can perform my roll to a partner.
- I can freeze in a finishing pose.
- I can clap for my partner's roll.

Lesson 4/6

To perform rocket and star jumps with control.

EDSTART KNOW

- I can show rocket and star jumps.
- I can bend my knees to land safely.
- I can swing my arms to help me jump.

EDSTART GO

- I can perform rocket and star jumps.
- I can land softly on two feet.
- I can link two jumps together.

EDSTART SHOW

- I can perform my jump to a partner.
- I can link two jumps into a short routine.
- I can celebrate my partner's jumps with claps.

Lesson 5/6

To link travel, roll, and jump into a routine.

EDSTART KNOW

- I can show a clear start, middle, and finish in a routine.
- I can link travel, rolls, and jumps smoothly.
- I can plan my moves in order.

EDSTART GO

- I can link a travel, a roll, and a jump.
- I can add a starting and finishing pose.
- I can practise my routine with a group.

EDSTART SHOW

- I can perform my routine to another group.
- I can give feedback to my friends.
- I can improve my routine after practising.

Lesson 6/6

To perform and evaluate routines.

EDSTART KNOW

- I can begin and end my routine clearly.
- I can perform with confidence.
- I can be a respectful audience.

EDSTART GO

- I can perform a routine with my group.
- I can repeat my routine with improvements.
- I can take turns as performer and audience.

EDSTART SHOW

- I can perform confidently to the class.
- I can give “One Star and One Wish.”
- I can celebrate my class’s routines.