

Lesson 1/6

To explore starfish, shell, and seaweed shapes

EDSTART KNOW

- I can travel like a sea creature.
- I can link 2–3 moves.
- I can perform to a partner.

EDSTART GO

- I can make sea shapes with my body.
- I can hold each shape for 2–3 seconds.
- I can travel and stop in a shape.

EDSTART SHOW

- I can copy my partner's sea shape.
- I can perform my shape confidently.
- I can clap for others.

Lesson 2/6

To explore balances on different body parts.

EDSTART KNOW

- I can name balances like flamingo, crocodile, and monkey.
- I know how to balance safely on the floor or a bench.
- I know how to land safely on a mat.

EDSTART GO

- can balance on one foot, two feet, or hands and feet.
- I can hold a balance for 3–4 seconds.
- I can try balances on benches and mats.

EDSTART SHOW

- I can copy my partner's balance.
- I can perform a balance for my friends.
- I can watch and clap for others.

Lesson 3/6

To explore simple rocking and rolling actions.

EDSTART KNOW

- I can name rolls like tuck rock and log roll.
- I know how to tuck my chin and curl my body.
- I know how to roll safely on a mat.

EDSTART GO

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

EDSTART SHOW

- I can show my roll to my partner.
- I can add a shape at the end.
- I can watch and say one good thing about someone else's roll.

Lesson 4/6

To explore simple jumps with safe landings.

EDSTART KNOW

- I can name jumps like frog jump and starfish jump.
- I know I must bend my knees when I land.
- I know how to land quietly and safely.

EDSTART GO

- I can do frog jumps, star jumps, and dolphin leaps.
- I can travel across mats using different jumps.
- I can land on two feet with soft knees.

EDSTART SHOW

- I can perform jumps for my partner.
- I can add a start and finish pose.
- I can clap and cheer for others.

Lesson 5/6

To link travel, roll, and jump..

EDSTART KNOW

- I can name different ways of travelling like crawling, tiptoeing, or hopping.
- I know I can join moves together to make a journey.
- I know I need a start and a finish pose.

EDSTART GO

- I can travel across mats in different ways.
- I can add a roll or a jump at the end.
- I can link 2–3 moves in a row.

EDSTART SHOW

- I can share my journey with my partner.
- I can make a short routine with my group.
- I can perform my routine to the class.

Lesson 6/6

To perform and celebrate simple routines.

EDSTART KNOW

- I can remember the moves we practised.
- I know how to perform with confidence.
- I know how to watch and listen as an audience.

EDSTART GO

- I can perform a routine with travel, roll, and jump.
- I can use a clear start and finish pose.
- I can move smoothly from one skill to the next.

EDSTART SHOW

- I can perform my routine to an audience.
- I can clap and give kind feedback.
- I can celebrate what I have learned.