

Lesson 1/6

To move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, and hopping

EDSTART KNOW

- I can say ways to move (run, jump, hop, crawl).
- I can tell when to stop and start.
- I can hear the beat in music.

EDSTART GO

- I can move in lots of ways to music.
- I can change how I move when the coach says.
- I can copy travel, freeze, inside, and outside.

EDSTART SHOW

- I can listen and follow rules.
- I can cheer for my friends.
- I can smile when I dance.

Lesson 2/6

To perform the basic actions of travelling, jumping, turning, and making shapes

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 move like Toy Story characters.
- I can freeze when I hear "Andy's Coming".
- I can join moves to make a short dance.

EDSTART SHOW

- I can play fairly in the game.
- I can clap when friends dance.
- I can try my best in my group.

Lesson 3/6

To develop the basic actions of travelling, jumping, turning, and making shapes

EDSTART KNOW

- I can say what a gesture is.
- I can tell what canon and unison mean.
- I can name themes like animals, robots, or space.

EDSTART GO

- I can dance to music and change speed and level.
- I can make gestures in groups.
- I can show my dance for friends to guess.

EDSTART SHOW

- I can clap when other groups dance.
- I can share ideas kindly.
- I can celebrate everyone's effort.

Lesson 4/6

To move at speed with varying movement patterns

EDSTART KNOW

- I can say moves like stilts, lion, and acrobat.
- I can tell how to copy a leader.
- I can name canon and unison.

EDSTART GO

- I can move like circus animals and performers.
- I can copy clown movements in mirroring games.
- I can join a routine with my group.

EDSTART SHOW

- I can be kind to my partner.
- I can clap for my group.
- I can celebrate effort.

Lesson 5/6

To experiment with different ways of moving

EDSTART KNOW

- I can say we are making a dance.
- I can tell what canon and unison mean.
- I can remember 4 movements.

EDSTART GO

- I can work in my group to create a dance.
- I can practise with my team.
- I can perform my dance to friends.

EDSTART SHOW

- I can take turns in my group.
- I can clap for others when they dance.
- I can smile when my team performs.

Lesson 6/6

To join a set of movement patterns

EDSTART KNOW

- I can say how to make a routine.
- I can tell why we listen to the beat.
- I can remember canon and unison.

EDSTART GO

- I can practise my routine with my group.
- I can perform my dance to the class.
- I can use gestures, canon, and unison.

EDSTART SHOW

- I can watch and clap when others perform.
- I can say “well done” to my friends.
- I can celebrate at the end.