

Lesson 1/6: The Gruffalo

To use different ways of travelling and finding a space successfully

EDSTART KNOW

- I can say the names of animals in the story.
- I can tell what “space” means.
- I can say why I hide from the Gruffalo.

EDSTART GO

- I can move like animals (owl, fox, snake, Gruffalo).
- I can carry my “nut” and run to safety.
- I can change how I move (hop, jump, skip).

EDSTART SHOW

- I can play fairly as the mouse or catcher.
- I can cheer for my team.
- I can say “well done” after the game.



Lesson 2/6: Room on the Broom

To change direction quickly whilst using the fundamental movement skills

EDSTART KNOW

- I can say how to fly safely.
- I can tell how to change speed.
- I can say why we use teamwork.

EDSTART GO

- I can fly on my “broom” around the hall.
- I can move like animals (cat crawl, dog crawl, frog jump).
- I can collect treasure and bring it back.

EDSTART SHOW

- I can take turns with my team.
- I can listen carefully to the story.
- I can clap for friends collecting treasure.



Lesson 3/6: Going on a Bear Hunt

To move around the area changing directions and avoiding obstacles

EDSTART KNOW

- I can say the places in the story (grass, river, mud).
- I can tell why I change my movement.
- I can say how to move safely in space.

EDSTART GO

- I can crawl under grass, jump in hoops for the river.
- I can stomp through mud and run in a snowstorm.
- I can crawl through the cave tunnel.

EDSTART SHOW

- I can join in every part of the hunt.
- I can play kindly with others.
- I can cheer when friends try hard.



Lesson 4/6: Little Blue Truck

To develop different balancing skills using equipment and body

EDSTART KNOW

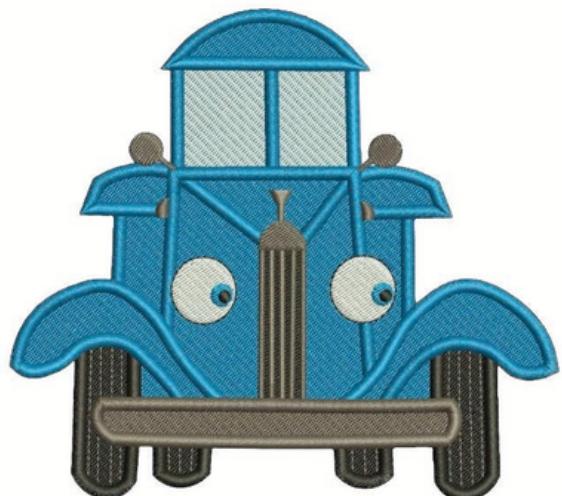
- I can say what balance means.
- I can tell how to follow traffic light colours.
- I can name the trucks.

EDSTART GO

- I can travel with my hoop (car).
- I can move fast, slow, stop, and swap.
- I can balance a beanbag on my head.

EDSTART SHOW

- I can follow the colour rules.
- I can cheer when friends balance.
- I can play kindly in games.



Lesson 5/6: The Snail and the Whale

To explore different ways of rolling and to look at different balancing techniques

EDSTART KNOW

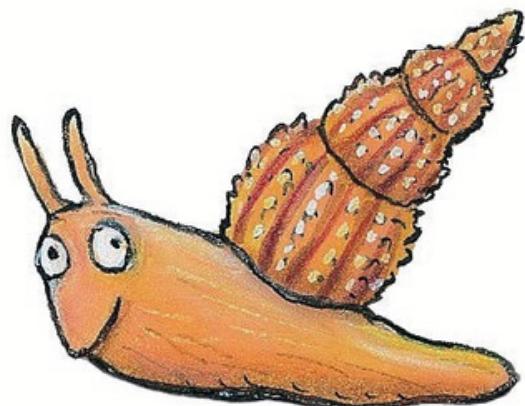
- I can say what a roll is.
- I can tell how to balance on my body.
- I can say how to carry the snail.

EDSTART GO

- I can roll in tall and small shapes.
- I can crawl with a beanbag (snail) on my back.
- I can balance the snail on my head.

EDSTART SHOW

- I can share ideas for moving.
- I can clap when friends roll.
- I can play kindly in games.



Lesson 6/6: The Dinosaur that Pooed a Planet

To use 'big' and 'little' kicks with increasing control

EDSTART KNOW

- I can say what a big kick and little kick are.
- I can tell how to control my ball.
- I can say where to aim.

EDSTART GO

- I can kick my “planet” around the room.
- I can feed the dinosaur by kicking to him.
- I can dodge flying saucers with my ball.

EDSTART SHOW

- I can play fairly when kicking.
- I can clap for friends feeding the dinosaur.
- I can cheer for my team.

