

### EDSTART KNOW

- I know how to move my body in different energetic ways.
- I know how to run, jump, hop, skip, and climb safely.
- I know how to change my speed and direction with control

### EDSTART GO

- I can run fast and slow when racing with my friends.
- I can jump, hop, skip, and move in different ways during events.
- I can change direction and speed to stay safe and in control.

### EDSTART SHOW

- I can show my best effort in every race and activity.
- I can show how to move safely and confidently in competitions.
- I can show good sportsmanship by cheering and supporting others

## Key Vocabulary

# run, jump, throw, race, hurdles

