

# Year 1 - Fundamental Movement Skills Knowledge Organiser

**MOVING**  
**EDSTART**

## EDSTART KNOW

- I know how to find my own space safely.
- I know how to move around without bumping into things or people.
- I know how to change my speed and direction carefully.

## EDSTART GO

- I can move safely around my space without touching anyone.
- I can run, jump, hop, skip, dance, and climb with energy.
- I can change speed and direction while staying in control.

## EDSTART SHOW

- I can show my friends how to move safely in a space.
- I can move in lots of different ways with good balance and control.
- I can show how to travel safely, avoiding others and obstacles.

## Key Vocabulary

**stop, start, control, walk,  
move, rolling, bouncing, space**

