

# Year 1 - Fundamental Movement Skills Knowledge Organiser

**PLAYING**  
**EDSTART**

## EDSTART KNOW

- I know how to hold and use my favourite hand to throw.
- I know different ways to roll, throw, and catch a ball.
- I know how to send an object safely to my partner.

## EDSTART GO

- I can roll, throw, and catch using one or two hands.
- I can choose my best hand to send the ball accurately.
- I can send objects in different ways to a friend or target.

## EDSTART SHOW

- I can show good control when rolling, throwing, and catching a ball.
- I can show my strong hand and aim carefully to hit a target.
- I can show my partner how to send and catch safely.

## Key Vocabulary

**hands, feet, close control,  
avoid, run, throw, catch, send,  
receive, hands, left, right, ball.**

