

EDSTART KNOW

- I can explain and follow the basic rules of different games and activities.
- I can describe how movement, balance, and coordination help me perform skills.
- I can understand why teamwork, listening, and cooperation are important when playing with others.

EDSTART GO

- I can move safely and confidently in different ways, showing control and balance.
- I can take part in activities that involve running, jumping, throwing, and dodging.
- I can work with others, sharing space and equipment fairly.

EDSTART SHOW

- I can show enjoyment and confidence when taking part in physical activities.
- I can demonstrate control, coordination, and effort in every game.
- I can show respect, encouragement, and good sportsmanship to others.

Key Vocabulary

**culture, tradition,
respect, teamwork,
diversity, movement,
rules, skills**

Role Models



**Sachin Tendulkar -
Indian Cricketer**



**Serena Williams -
USA Tennis Player**

What do we know about Sports from Around the World?

Sports from around the world help children explore new games, cultures, and ways of moving. At this stage, pupils learn about where different sports come from and how they are played. They begin to understand that each country has its own traditional games—like Kabaddi from India, Spikeball from the USA, and Danish Longball from Denmark—that promote teamwork, communication, and fun. Through simple activities, children develop curiosity about global sport, learning to move safely, follow basic rules, and enjoy trying something new.

As pupils experience these games, they also discover how different cultures value movement, cooperation, and celebration in unique ways. They learn to listen carefully to instructions, adapt to unfamiliar rules, and work together to solve problems within the game. This builds confidence and flexibility, helping children recognise that sport is a universal language enjoyed by people everywhere. By exploring a variety of global activities, pupils broaden their understanding of the world, develop respect for cultural differences, and build positive attitudes towards inclusion and diversity. Each new game becomes an opportunity to communicate, collaborate, and appreciate the joy of being active.