

**Lesson 1/6**

# **To be able to notice how my body feels when I move.**

## **EDSTART KNOW**

- I can notice how my heartbeat and breathing change when I move.
- I can say which parts of my body feel warm after exercise.
- I can explain that moving helps me feel different emotions.

## **EDSTART GO**

- I can try different ways of moving across the space.
- I can copy a partner's movement with confidence.
- I can move fast, slow, high, and low to explore how my body feels.

## **EDSTART SHOW**

- I can share my favourite movement with the class.
- I can celebrate trying something new in front of others.
- I can cheer for my friends when they show their movements.

**Recap: To be able to notice how my body feels when I move.**

**Lesson 2/6**

# **To be able to try new movements and** **keep going.**

**EDSTART KNOW**

- I can explain that trying new things helps me learn.
- I can understand that it's okay if something feels tricky.
- I can say why it's important not to give up.

**EDSTART GO**

- I can keep going when a movement feels hard.
- I can practise new skills even if I don't get them right first time.
- I can join in with confidence when trying new actions.

**EDSTART SHOW**

- I can celebrate my effort, not just my success.
- I can share the new movements I learned.
- I can cheer for friends who keep trying.

**Recap: To be able to try new movements and keep going**

**Lesson 3/6**

**To be able to stay calm**  
**through movement.**

**EDSTART KNOW**

- **I can notice when my body feels calm or restless.**
- **I can explain why breathing slowly helps me relax.**
- **I can describe how stretching helps my muscles.**

**EDSTART GO**

- **I can move calmly and slowly with control.**
- **I can stretch safely and carefully.**
- **I can show balance and focus in calm activities.**

**EDSTART SHOW**

- **I can share a calm movement with my group.**
- **I can encourage my friends to try calm breathing.**
- **I can celebrate the class for moving peacefully.**

**Recap: To be able to stay calm through movement.**

**Lesson 4/6**

# **To be able to listen to what my body needs.**

## **EDSTART KNOW**

- I can notice if I feel tired or energetic.
- I can explain that my body feels different at different times.
- I can say how moving helps me feel better.

## **EDSTART GO**

- I can choose movements that match my energy.
- I can change from calm to active moves when I need to.
- I can keep moving in a way that feels right for me.

## **EDSTART SHOW**

- I can share my choice of calm or active with others.
- I can explain why I chose that movement.
- I can celebrate that everyone's choice is different.

**Recap: To be able to listen to what my body needs.**

## **Lesson 5/6**

# **To understand how being active helps my body and mind feel good.**

### **EDSTART KNOW**

- I can say why moving helps me feel happy.
- I can explain how activity helps both my body and mind.
- I can notice the link between moving and positive feelings.

### **EDSTART GO**

- I can show movements that make me feel happy.
- I can create a “happy sequence” with my group.
- I can copy my friends’ happy movements.

### **EDSTART SHOW**

- I can tell others how moving makes me feel good.
- I can cheer for my group when we share sequences.
- I can celebrate being active with my class.

**Recap: To understand how being active helps my body and mind feel good.**

**Lesson 6/6**

# **To be able to share and celebrate my favourite way to move.**

**EDSTART KNOW**

- I can explain what I learned about myself through moving.
- I can say why my favourite movement makes me feel good.
- I can notice how my feelings changed over the unit.

**EDSTART GO**

- I can perform my favourite way to move with confidence.
- I can teach my movement to a partner.
- I can join in with my class during the celebration.

**EDSTART SHOW**

- I can celebrate my progress and effort.
- I can enjoy watching others share their movements.
- I can cheer and clap to celebrate the whole class.