

# **EYFS Fundamental Movement Skills Knowledge Organiser**

**COMPETING  
EDSTART**

## **EDSTART KNOW**

- I can name different ball skills such as throwing, catching, kicking, and dribbling.
- I know that I need to use my eyes, hands, and feet to control the ball.
- I can talk about how to aim and move the ball towards a target.

## **EDSTART GO**

- I can throw, catch, kick, and pass a ball using different techniques.
- I can dribble the ball with my feet, keeping it close and under control.
- I can aim for a target and try to make my ball go where I want it to.

## **EDSTART SHOW**

- I can show control and confidence when using different ball skills.
- I can move safely and keep the ball close to me while playing.
- I can explain how I used my hands or feet to control and aim the ball.

## **Key Vocabulary**

**throw, catch, kick, dribble,  
aim, pass, control, target**

