

Lesson 1/6

**To be able to understand
what wellbeing
means for me.**

EDSTART KNOW

- I can explain what wellbeing means.
- I can notice how my body and mind feel in activity.
- I can understand why being active helps me feel better.

EDSTART GO

- I can try movements that improve my mood.
- I can choose an activity that suits how I feel.
- I can practise calm breathing to relax.

EDSTART SHOW

- I can share how activity makes me feel.
- I can show pride in looking after myself.
- I can celebrate my class's wellbeing together.

Recap: To be able to understand what wellbeing means for me.

Lesson 2/6

To be able to balance activity and rest.

EDSTART KNOW

- I can explain why rest is important.
- I can notice signs my body needs a break.
- I can say why balance keeps me healthy.

EDSTART GO

- I can move actively when I have energy.
- I can rest when I feel tired.
- I can change speed and energy when needed.

EDSTART SHOW

- I can share my balance of activity and rest.
- I can encourage my partner to rest or be active.
- I can celebrate using both energy and calm.

Recap: To be able to balance activity and rest.

Lesson 3/6

To be able to connect wellbeing with friendships.

EDSTART KNOW

- I can explain why friendships are good for wellbeing.
- I can notice when a friend needs help.
- I can understand that kindness makes everyone feel better.

EDSTART GO

- I can encourage my partner in activities.
- I can work as a team to succeed.
- I can play fairly to help others enjoy themselves.

EDSTART SHOW

- I can clap and cheer for my friends.
- I can thank my partner for their effort.
- I can celebrate the whole group's success.

Recap: To be able to connect wellbeing with friendships.

Lesson 4/6

**To be able to notice
how movement
helps my mind.**

EDSTART KNOW

- I can explain that activity helps my brain.
- I can notice when I feel calm or focused.
- I can understand why movement helps me learn.

EDSTART GO

- I can practise moves that calm my thoughts.
- I can try energisers when I need focus.
- I can keep moving to help my brain work well.

EDSTART SHOW

- I can share which activities help my mind.
- I can show calmness after moving.
- I can celebrate being focused and ready to learn.

Recap: To be able to notice how movement helps my mind.

Lesson 5/6

**To be able to
use movement
to feel confident.**

EDSTART KNOW

- explain what good sportsmanship means.
- understand that effort matters more than winning.
- notice when others show kindness in games.

EDSTART GO

- play fairly and follow the rules.
- say well done to my partner.
- keep calm when I lose.

EDSTART SHOW

- clap for the other team.
- model fair play to others.
- celebrate everyone's effort.

Recap: To be able to use movement to feel confident.

Lesson 6/6

**To be able to celebrate
my wellbeing journey.**

EDSTART KNOW

- I can explain what wellbeing means for me.
- I can remember what I learned this term.
- I can understand why wellbeing is important for life.

EDSTART GO

- I can show movements that help my wellbeing.
- I can perform confidently in front of others.
- I can practise being calm, happy, and focused.

EDSTART SHOW

- I can celebrate my achievements.
- I can cheer for my class.
- I can enjoy being part of the celebration.