

EDSTART KNOW

- I can name different ways my body can move.
- I can say how to move safely in space with others.
- I can talk about why movement helps my body grow strong.

EDSTART GO

- I can run, jump, balance and move in different ways.
- I can use equipment with control during games and activities.
- I can move safely with confidence around the space.

EDSTART SHOW

- I can try new movements with confidence and control.
- I can take turns, listen carefully and work with others.
- I can show my favourite movement or skill during activities.

Key Vocabulary

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

