

Lesson 1/6

**To be able to move
confidently to music
using different
travelling movements.**

EDSTART KNOW

- I can say ways to move.
- I can tell when to stop.
- I can hear the music beat.

EDSTART GO

- I can dance and travel.
- I can move fast and slow.
- I can freeze to the music.

EDSTART SHOW

- I can listen carefully.
- I can smile when dancing.
- I can clap for my friends.

Lesson 2/6

**To be able to travel,
jump, turn, and make
shapes to music.**

EDSTART KNOW

- I can say jump and turn.
- I can tell what a shape is.
- I can hear the music beat.

EDSTART GO

- I can travel and jump.
- I can spin safely.
- I can freeze in shapes.

EDSTART SHOW

- I can try my best.
- I can play kindly.
- I can clap for others.

Lesson 3/6

**To be able to change
speed, direction,
and level whilst
moving to music.**

EDSTART KNOW

- I can say fast and slow.
- I can tell what high and low mean.
- I can hear music changes.

EDSTART GO

- I can dance quickly and slowly.
- I can move high and low.
- I can change direction safely.

EDSTART SHOW

- I can share space.
- I can smile when performing.
- I can encourage others.

Lesson 4/6

**To be able to
move creatively
using themed
dance movements.**

EDSTART KNOW

- I can say dance movements.
- I can tell what rhythm means.
- I can say why we listen carefully.

EDSTART GO

- I can dance and travel.
- I can copy movements.
- I can move to the beat.

EDSTART SHOW

- I can work with others.
- I can cheer for friends.
- I can celebrate effort.

Lesson 5/6

To be able to create simple movement patterns with others.

EDSTART KNOW

- I can say we are making dances.
- I can tell why we practise.
- I can remember movements.

EDSTART GO

- I can dance in groups.
- I can repeat movements.
- I can move to music.

EDSTART SHOW

- I can take turns.
- I can clap for others.
- I can smile when performing.

Lesson 6/6

To be able to remember and perform simple movement sequences.

EDSTART KNOW

- I can say what a routine is.
- I can tell why we listen to music.
- I can remember dance moves.

EDSTART GO

- I can dance in a sequence.
- I can move to the beat.
- I can perform for others.

EDSTART SHOW

- I can clap for my friends.
- I can work kindly in groups.
- I can celebrate everyone.