

Lesson 1/6

To be able to travel in different ways and move safely into space.

EDSTART KNOW

- I can say different ways to move.
- I can tell where the space is.
- I can say why I look around.

EDSTART GO

- I can walk, run, and hop.
- I can move like animals.
- I can balance a beanbag.

EDSTART SHOW

- I can wait my turn.
- I can cheer for others.
- I can use space safely.

Lesson 2/6

**To be able to
change direction
and speed whilst
travelling safely.**

EDSTART KNOW

- I can say what stop and go mean.
- I can tell how to move safely.
- I can say what fast and slow mean.

EDSTART GO

- I can run and stop.
- I can change direction.
- I can move quickly and slowly.

EDSTART SHOW

- I can follow the rules.
- I can smile when I play.
- I can encourage others.

Lesson 3/6

To be able to travel using different body parts and movements.

EDSTART KNOW

- I can say body part names.
- I can tell how to balance.
- I can say why control matters.

EDSTART GO

- I can crawl and jump.
- I can travel in different ways.
- I can balance on different body parts..

EDSTART SHOW

- I can share space safely.
- I can clap for my friends.
- I can play kindly.

Lesson 4/6

To be able to create different body shapes whilst balancing.

EDSTART KNOW

- I can say tall, wide, and curled.
- I can tell why balance matters.
- I can say how to stay still..

EDSTART GO

- I can make body shapes.
- I can balance a beanbag.
- I can freeze safely.

EDSTART SHOW

- I can try my best.
- I can cheer for others.
- I can play fairly.

Lesson 5/6

To be able to
jump and land
safely with control.

EDSTART KNOW

- I can say what a jump is.
- I can tell how to bend my knees.
- I can say why I land carefully.

EDSTART GO

- I can jump and hop.
- I can land on two feet.
- I can leap over objects.

EDSTART SHOW

- I can take turns.
- I can clap for others.
- I can celebrate my team.

Lesson 6/6

To be able to balance safely using different body parts.

EDSTART KNOW

- I can say what balance means.
- I can tell how to stay still.
- I can say which body parts I use.

EDSTART GO

- I can balance on one foot.
- I can freeze safely.
- I can step across spaces.

EDSTART SHOW

- I can play kindly.
- I can clap for my friends.
- I can finish calmly.