

Lesson 1/6

To be able to run, stop, and change direction safely during simple races and movement games.

EDSTART KNOW

- I can say when to stop and go.
- I can tell why I look for space.
- I can say how to run safely.

EDSTART GO

- I can run and change direction.
- I can stop safely.
- I can move at different speeds.

EDSTART SHOW

- I can listen to the coach.
- I can wait for my turn.
- I can cheer for my friends.

Lesson 2/6

To be able to throw and roll equipment towards towards targets.

EDSTART KNOW

- I can say how to throw safely.
- I can tell where to aim.
- I can say how to stand for throwing.

EDSTART GO

- I can throw a beanbag.
- I can roll a ball.
- I can aim at a target.

EDSTART SHOW

- I can wait behind the line.
- I can clap for my friends.
- I can try my best.

Lesson 3/6

To be able to move through obstacles using jumping, crawling, balancing, and dodging.

EDSTART KNOW

- I can say how to jump safely.
- I can tell how to crawl under objects.
- I can remember different movements.

EDSTART GO

- I can jump over hurdles.
- I can crawl through tunnels.
- I can balance carefully.

EDSTART SHOW

- I can wait for my turn.
- I can cheer for my team.
- I can keep trying.

Lesson 4/6

To be able to jump forwards for distance and land safely.

EDSTART KNOW

- I can say how to bend my knees.
- I can tell why I land on two feet.
- I can remember different jumps.

EDSTART GO

- I can jump forwards.
- I can land safely.
- I can balance after jumping.

EDSTART SHOW

- I can clap for my friends.
- I can watch safely.
- I can keep trying.

Lesson 5/6

To be able to race in teams and follow relay instructions.

EDSTART KNOW

- I can say what a relay is.
- I can tell why we pass the baton.
- I can remember where to run.

EDSTART GO

- I can run in a relay race.
- I can pass equipment safely.
- I can race with my team.

EDSTART SHOW

- I can cheer for my team.
- I can wait for my turn.
- I can play fairly.

Lesson 6/6

To be able to take part in a Nursery Sports Day using the skills learnt.

EDSTART KNOW

- I can say the names of events.
- I can tell how to try my best.
- I can remember the rules.

EDSTART GO

- I can run in races.
- I can jump and throw.
- I can move between stations.

EDSTART SHOW

- I can cheer for everyone.
- I can play kindly.
- I can celebrate at the end.