

Lesson 1/6

**To be able to move
safely using stop, go,
and direction commands
during simple games.**

EDSTART KNOW

- I can say stop and go.
- I can tell the colours.
- I can say where the space is.

EDSTART GO

- I can walk and run safely.
- I can stop my body quickly.
- I can move in different directions.

EDSTART SHOW

- I can listen to the coach.
- I can share space.
- I can cheer for my friends.

Lesson 2/6

To be able to move safely whilst carrying and using simple equipment.

EDSTART KNOW

- I can say how to carry equipment safely.
- I can tell where to move.
- I can say why we must look up.

EDSTART GO

- I can carry a beanbag.
- I can balance equipment.
- I can move around safely.

EDSTART SHOW

- I can take turns.
- I can share equipment.
- I can clap for my friends.

Lesson 3/6

To be able to move with a ball using feet and hands.

EDSTART KNOW

- I can say how to stop the ball.
- I can tell why I keep the ball close.
- I can say where the space is.

EDSTART GO

- I can roll a ball.
- I can kick gently.
- I can stop the ball.

EDSTART SHOW

- I can wait my turn.
- I can listen carefully.
- I can smile when others try.

Lesson 4/6

**To be able to dodge,
change direction, and
move into space.**

EDSTART KNOW

- I can say what dodge means.
- I can tell why space is important.
- I can say how to move safely.

EDSTART GO

- I can run and dodge.
- I can move quickly.
- I can change direction.

EDSTART SHOW

- I can play fairly.
- I can listen to instructions.
- I can help my friends.

Lesson 5/6

**To be able to roll, throw,
catch, and aim using
simple equipment.**

EDSTART KNOW

- I can say how to throw safely.
- I can tell where to aim.
- I can say how to catch.

EDSTART GO

- I can roll a ball.
- I can throw gently.
- I can catch with two hands.

EDSTART SHOW

- I can cheer for my friends.
- I can wait my turn.
- I can try my best..

Lesson 6/6

To be able to play simple games using the skills learnt.

EDSTART KNOW

- I can say the rules.
- I can tell how to score.
- I can remember the skills.

EDSTART GO

- I can run and dodge.
- I can throw and catch.
- I can move into space.

EDSTART SHOW

- I can play fairly.
- I can celebrate others.
- I can work with my team.