

EDSTART KNOW

- I can explain how to stay safe and follow instructions.
- I can describe different movements, skills and activities.
- I can explain simple rules and ways to work as a team.

EDSTART GO

- I can travel, balance and change direction with control.
- I can throw, catch, roll and aim equipment accurately.
- I can apply my skills during games, challenges and activities.

EDSTART SHOW

- I can work cooperatively and encourage others positively.
- I can show confidence, resilience and determination when challenged.
- I can celebrate success and reflect on my learning.

Key Vocabulary:

Agility, balance, coordination, space, direction, aim, target, teamwork

