

Lesson 1/6

To confidently travel on their feet in different ways and recognise directions

Success Criteria

To be able to:

- **Understand the word space and use it safely**
- **Find, walk and run in space**
- **Listen to instructions and engage them in the activity**

Lesson 2/6

**To change the way
they are travelling
in a controlled manner
and show an awareness
of directions**

Success Criteria

To be able to:

- **Have control when changing direction**
- **Vary speed of movements under control**
- **Demonstrate different ways of travelling slow and fast**

Lesson 3/6

To demonstrate different ways of travelling using small and large body parts

Success Criteria

To be able to:

- **Move using small and large body parts safely**
- **Walk, stride, bounce and hop on feet or hands and feet and slide on different body parts**

Lesson 4/6

To demonstrate wide, thin, tall, and curled body shapes when travelling

Success Criteria

To be able to:

- **Show a variety of shapes whilst being under control**
- **Travel on small parts of the body and show different shapes**

Lesson 5/6

To know, understand and show how to jump, land and sink down

Success Criteria

To be able to:

- **Safely jump, hop, and bounce from one position to another**
- **Jump from one foot to two feet and from one foot to the other foot and understand how to land safely**
- **Jump off an object and land appropriately**

Lesson 6/6

**To stand
momentarily
on one foot
when shown**

Success Criteria

To be able to:

- **Move, hop, run and bounce around under control**
- **Balance using small body parts safely**