

**Lesson 1/6**

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

**Success Criteria**

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**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**

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**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**

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**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**

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#### **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**

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**To be able to:**

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