

## **Lesson 1/6**

**To safely move around at different speeds and heights, and being able to stop and start under control**

### **Success Criteria**

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#### **To be able to:**

- Move safely, find space and move around avoiding obstacles**
- Travel at various speeds and change the way they are travelling**
- Stop and start running/moving safely and under control**
- Revise the fundamental movement skills they have already acquired: Crawling, walking, jumping, running, hopping, skipping, climbing**

**Lesson 2/6**

# **To walk, move and run whilst using various pieces of equipment**

## **Success Criteria**

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**To be able to:**

- **Move around safely whilst holding various pieces of sporting equipment**
- **Stop/start running whilst using various pieces of equipment**
- **Change speed and direction safely and under control**
- **Develop overall body strength, balance, coordination and agility**

**Lesson 3/6**

# **To move around using various techniques**

## **Success Criteria**

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**To be able to:**

- **Develop confidence, competence, precision and accuracy when engaging in movement**
- **Move energetically, such as running, jumping, dancing, hopping, skipping and climbing, whilst safely negotiating space**

## **Lesson 4/6**

# **To walk, run, stop and start using different commands**

### **Success Criteria**

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#### **To be able to:**

- Follow simple movement patterns**
- Dodge, avoid and find space when running**
- Stop and start quickly following set instructions**
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing**

## **Lesson 5/6**

**To negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles**

### **Success Criteria**

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#### **To be able to:**

- Negotiate space and avoid obstacles safely, with consideration for themselves and others
- Change direction quickly and under control
- Understand racing and chasing games and how to avoid getting caught
- Demonstrate strength, balance and coordination when playing

## **Lesson 6/6**

# **To play small team games involving different types of movement**

### **Success Criteria**

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#### **To be able to:**

- Jump/leap and land safely under control**
- Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines**