

Lesson 1/6

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

Success Criteria

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

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

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

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

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

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**