

Lesson 1/6

To move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, and hopping

Success Criteria

To be able to:

- **Perform basic body actions and movements**
- **Vary how they move depending on what body parts they are using**
- **Come up with their own movements depending on the instructions**

Lesson 2/6

To perform the basic actions of travelling, jumping, turning, and making shapes

Success Criteria

To be able to:

- Perform basic body actions**
- Show a range of different body shapes**
- Move at different speeds and heights**
- Use and remember sequences and patterns of movements which are related to music and rhythm**

Lesson 3/6

To develop the basic actions of travelling, jumping, turning, and making shapes

Success Criteria

To be able to:

- **Move confidently and safely in their own and general space, using changes of speed, level, and direction**
- **Move with control and combine different movements with ease and fluency**
- **Skip, hop, stand on one leg and hold a pose for a game like musical statues**

Lesson 4/6

To move at speed with varying movement patterns

Success Criteria

To be able to:

- **Move around looking at changing speed and direction**
- **Move with control in a variety of ways**
- **Progress towards a more fluent style of moving, with developing control and grace**

Lesson 5/6

To experiment with different ways of moving

Success Criteria

To be able to:

- Find new ways of moving**
- Be creative in how they move around**
- Remember and repeat simple movement patterns**
- Negotiate space and obstacles safely, with consideration for themselves and others**

Lesson 6/6

To join a set of movement patterns

Success Criteria

To be able to:

- Choose some of the movements they have already explored and use them to make their own movement patterns**
- Combine different movements with ease and fluency**
- Use and remember sequences and patterns of movements which are related to music and rhythm**