

**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**