

Lesson 1/6

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

Success Criteria

To be able to:

- **Listen to instructions and engage themselves in activity and use space safely**
- **Understand the word space and understand basic ways to travel**
- **Find, walk and run in space**

Lesson 2/6

To change the way of travelling in a controlled manner and show an awareness of directions

Success Criteria

To be able to:

- **Have control when changing direction**
- **Vary their movement whilst they are moving**
- **Confidently travel on their feet in different ways and recognise directions**

Lesson 3/6

To demonstrate different ways of travelling

fast and slow using different movements

Success Criteria

To be able to:

- **Vary speed of movements under control**
- **Use fundamental shapes**
- **Move using a variety of different ways (Walk, run, hop, skip, bounce, slide, crawl)**

Lesson 4/6

To demonstrate different ways of travelling using small and large body parts; making wide, thin, tall, and curled body shapes

Success Criteria

To be able to:

- **Show a variety of shapes whilst being under control**
- **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**
- **Travel in different ways (Stepping – straight and bent leg. Leaping – scissor and cat)**

Lesson 5/6

**To know, understand
and show how to**
**jump, land, sink down
and add turning
jumps, e.g. $\frac{1}{4}$, $\frac{1}{2}$**

Success Criteria

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**
- **Twist from two feet to two feet under control**

Lesson 6/6

To move around and link together a wide variety of movements under control

Success Criteria

To be able to:

- **Move, hop, run, and bounce around under control**
- **Link gymnastics skills effectively and create and perform gymnastic routines (4/5 elements)**
- **Travel using large and small body parts safely**