

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:

- **Use fundamental shapes/movements (Jog, jump, hop and balancing)**
- **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**
- **Respond in the correct manner to commands (Inside, outside, freeze, etc.)**

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**
- **Perform a range of basic movements (Gestures, canon and unison)**

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 at speed with control**
- **Travel in different ways**
- **Respond imaginatively to a stimulus used**

Lesson 5/6

To experiment with different ways of moving

Success Criteria

To be able to:

- **Find new ways of moving**
- **Show some idea of rhythm, coordination, expression and creativity**
- **Remember and repeat simple movement patterns**

Lesson 6/6

To join set movement patterns and remember small sequences

Success Criteria

To be able to:

- **Choose some of the movements they have already explored and use them to make their own movement patterns**
- **Link actions (Simple dance routine in pairs or small groups)**
- **Use movements which express ideas, moods or feelings**