

**Lesson 1/6**

**To confidently  
travel in a controlled  
manner 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**
- **Have control when moving at speed and changing direction**
- **Find, walk and run in space**

**Lesson 2/6**

# **To demonstrate different ways of travelling fast and slow using different movements**

## **Success Criteria**

---

**To be able to:**

- **Vary speed of movements under control**
- **Change the way they are travelling in a controlled manner**
- **Move using a variety of different ways (Walk, run, hop, skip, bounce, slide, crawl)**

**Lesson 3/6**

**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**

**Lesson 4/6**

# **To know the differences between a leap and a jump and be able to land safely**

## **Success Criteria**

---

**To be able to:**

- **Safely jump, hop, leap 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 5/6**

# **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**
- **Travel using large and small body parts safely**
- **Link gymnastics skills effectively**

**Lesson 6/6**

# **To link together 4/5 basic moves in a short sequence**

## **Success Criteria**

---

**To be able to:**

- **Talk about what they are doing and use the correct vocabulary**
- **Create and perform gymnastic routines (4/5 elements)**
- **Show what they have remembered throughout the term and can show this through a short routine/sequence**