

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**