

Lesson 1/6

To confidently travel in different ways using small and large body parts; making wide, thin, tall, and curled body shapes

Success Criteria

To be able to:

- Listen to instructions and engage themselves in activity and use space safely
- 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
- Have control when moving at speed and changing direction

Lesson 2/6

**To balance upon small
and large body parts
and be able to vary
the shape and height
of the balances**

Success Criteria

To be able to:

- **Vary the types of balances they can perform**
- **Know which small parts of the body can take weights and show high and low balanced positions**
- **Use different parts of the body to balance**
- **Balance with different parts of their bodies being at the top of the balance**

Lesson 3/6

**To show various types
of rolls and be able
to show rolling
sideways in curled
and stretched shapes**

Success Criteria

To be able to:

- **Roll safely and under control in a variety of different ways**
- **Know and understand the safety implications involved in various types of rolling and be able to show rolling sideways in curled and stretched shapes**

Lesson 4/6

To balance upon large body parts and know how to vary the shape of the balances

Success Criteria

To be able to:

- **Know the difference between small and large body parts**
- **Vary the shape of a balance whilst being under control**

Lesson 5/6

**To know, understand
and show how to
jump, land and 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 link together 4–5 basic moves in a short sequences

Success Criteria

To be able to:

- Show what they have remembered throughout the term and can show this through a short routine/sequence**