

Prior Learning: If children took part in KS1, they were introduced to Mini Muay Thai, learning the basic stance, punches and kicks. They also learned to count each repetition, when performing the various skills and exercises.

Key Skills

Physical Me

Strength
Power
Coordination
Speed
Flexibility
Balance

Value Me:

- Respect
- Courtesy
- Indomitable spirit

Social Me

- Collaborate
- Communicate
- Leadership

Thinking Me

- How can I perform a skill?
- How can I improve?



Key Vocabulary

Active Recovery

Balance

Co-ordination

Alternate

Set

Heart Rate

Strength

Power

Memory

Key Knowledge

Active Recovery - You keep moving between each set

Set - A combination of exercises that you complete

Memory - Martial arts boosts and improves your memory. Similar to how you train your body, you train your brain e.g with combinations you have to remember

Indomitable spirit - When you never give up!

Techniques :

- 1)The stance
- 2)The Jab
- 3)The cross
- 4) Upper Cut
- 5) Kicks
- 6) Knees
- 7) Shin checks
- 8) Hooks