

Year 1 Mini Muay Thai

Success Criteria/Unit Endpoints	Names/Initials
I can get into a stance and keep my hands up while attempting the jab cross	
I can challenge myself when performing some of the skills	
I can perform a knee strike with some correct technique	
I can perform a shin check with some balance and control	
I can perform a jab cross with control	

END OF YEAR 1 ATTAINMENT TARGETS

- Has begun to master basic movements such as jumping
- Has begun to demonstrate agility, balance, and co-ordination
- Can begin to compete against self/others in a range of increasingly challenging situations