

Year 2 Mini Muay Thai

Success Criteria/Unit Endpoints	Names/Initials
I can perform a jab cross while standing in the correct stance	
I can challenge myself when performing all of the skills	
I can perform a knee strike and a kick, and exercise continuously for 30 seconds	
I can perform a shin check with good balance and control.	
I can perform a shin check, knees and kicks with good balance and control	

END OF KS1 ATTAINMENT TARGETS

- Can master basic movements such as jumping and begin to apply these in a range of activities
- Can demonstrate agility, balance, and co-ordination
- Can compete against self in a range of increasingly challenging situations