

Year 3 Self Defence

Success Criteria/Unit Endpoints	Names/Initials
I can begin to perform a straight punch	
I can begin to perform a knee strike with some control	
I can begin to escape from a one-handed wrist hold	
I can begin to use the technique to escape from a front bear hug	
I can begin to escape from a front collar/shirt hold with some success	
I can begin to understand how training can improve physical fitness	

YEAR 3 ATTAINMENT TARGETS

- Can begin to use skills in different ways and to link them to make actions and sequences of movement
- Has begun to develop flexibility, control and balance
- Is beginning to communicate with others during physical activities
- Is beginning to compare their performances with previous ones
- Can begin to recognise their own success