

Year 4 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 keep active between 3 or more exercises (active recovery)	
I can beat one or two of my own scores	
I can remember and complete most combinations when exercising	
I can perform a hook keeping an L- shape when performing other combinations	

YEAR 4 ATTAINMENT TARGETS

- Has developed flexibility, control and balance
- Can communicate with others during physical activities
- Can compare their performances with previous ones
- Can begin to recognise their own success