

Year 4 Self Defence

| Success Criteria/Unit Endpoints   | Names/Initials |
|---|----------------|
| I can perform a straight punch coming back to the correct stance                |                |
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|   |                |
|   |                |
| I can perform a knee strike and return to the correct stance                    |                |
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|   |                |
| I can begin to escape from a one and two handed wrist hold with good control    |                |
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|   |                |
|   |                |
|   |                |
| I can begin to escape from a front and rear bear hug                            |                |
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|   |                |
|   |                |
|   |                |
| I can begin to escape from a front and rear collar/shirt hold with some success |                |
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|   |                |
| I understand how self defence training can improve physical fitness             |                |
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|   |                |
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YEAR 4 ATTAINMENT TARGETS

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