

Prior Learning: If children took part in Reception, they were introduced to Mini Muay Thai, learning basic stance, punches and kicks by following coach Kelly.

Key Skills

Physical Me

Strength
Power
Coordination
Speed
Flexibility
Balance

Value Me:

-Respect
-Self control

Social Me

- Co-operation
- Encouraging others
- Listening

Thinking Me

- How can I perform a skill?
- How can I improve?

Key Vocabulary

Bow

Stance

Jab

Cross

Shin Check

Front Kick

Hook

Upper cut

Knees

Key Knowledge

Bow- The bow is a sign of respect and peace

- respect for the traditions and respect for the people you train with
- It shows your peaceful intentions.

Stance- How you stand in defence or attack when, punching, kicking, kneeling

"Oss" - is used to start the MMT as a greeting and to pay respect

