

**Prior Learning:** If children took part in Year 1, they were introduced to Mini Muay Thai, learning the basic stance, punches and kicks. They learned to count when performing the various skills and exercises.

## 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

**Guard-** Keeping your hands up to protect your face

**The Jab** - Always use the lead hand

**The Cross** - Always use the rear hand

