

**Prior Learning & this unit:** In KS1, children may have participated in the PPP Mini Muay Thai unit - which developed basic strikes, knees and kicks. The self defence unit will develop the children's understanding and application of self defence through a variety of activities and instruction .

## Key Skills

### Physical Me

<b>Power</b>	<b>Kick</b>
<b>Speed</b>	<b>Flexibility</b>
<b>Co-ordination</b>	<b>Strength</b>
<b>Strike</b>	<b>Balance</b>

### Value Me:

- Courtesy
- Respect
- Self control
- Integrity
- Perseverance
- Indomitable spirit

### Social Me

- Co-operation
- Collaborate
- Communicate
- Being kind

### Thinking Me

- How can I improve my performance?
- Decision making in the zones what I need to do in different scenarios

## Key Vocabulary

Stance

Straight Punch

High block

Elbow strike

Palm strike

Knee strike

Escape

Scenario

Zones

## Key Knowledge

**Self Defence-** Defending yourself from harm

**Tenets-** Martial Arts principles e.g Courtesy, Respect, Integrity, Perseverance, Self control, Indomitable spirit.

**Combinations-** A combination of strikes made up of hand and foot techniques

**Etiquette** - The code of polite behavior in self-defence/martial arts

**SELF DEFENCE**



## Etiquette

Safety first! Be careful and kind to your training partner- less Power, more technique.

Wear correct protection e.g. gloves, when working on a bag

Never use any techniques you learn, unless you need to

Be sensible when using equipment

Respect all in the training area -classroom