

Purpose

Reinforce the development of fundamental movement skills and apply them to help develop the skills required in a range of games and activities. For example, the ability to balance, pivot and move with and without a ball transfers to a range of activities and sports.

Develop the physical and social skills to be able to perform partner balances safely and apply these skills by linking them to create sequences. Further develop rotation skills using body tension and extension, creatively linking movements through a stimulus.

Learning Goals

Choose a multi-ability



Balance
Rotation
Acrobatic Sequences
Rotation Sequences (Partner Work)

In this unit, the children will learn, develop and apply balance and rotation on the floor, with hand apparatus and partner work through focused skill development, sequence creation and games.

- Emerging**
I can perform all Tricky challenges (floor, partner work and apparatus)
- Expected**
I can perform all Trickier challenges (floor)
- Exceeding**
I can perform all Trickier challenges (floor, partner work and apparatus)

Skills and Knowledge - Learning Behaviour

Skills



Developing my skills and knowledge so...

What

How

Skills and Knowledge - gym Skills

Balance

Gym Skill Challenges

Perform trickier balances (supported by one another) through partner work. Examples include:

- supported (bunk beds)
- supported (two feet on mini-front support)
- counterbalance (on two feet)
- supported (H balance)

Developing my partner work skills and knowledge so...

What

How

I can balance with control (minimum wobble).

Focus eyes on a fixed point.

I can balance with both/all partners in a static position.

Ensure all partners involved and contributing to the balance.

I can hold the balance for at least 3 seconds.

When supporting on the back, ensure stomach is engaged and back flat.

Keep whole body tight and extended.

Balance

Gym Skill Challenges

Perform balances on different body parts, using weight on hands or one leg, with accuracy and control. Examples include:

- on one foot (leg low)
- on hands and feet with knees off floor
- on hands and feet (front support)
- on hands and feet (back support)
- lying on back (straddle)

Developing my different body parts skills and knowledge so...

What

How

I can balance with control (minimum wobble).

Keep head still.

I can balance with the supporting body part still.

Keep tummy tight and back straight.

I can hold the balance for at least 3 seconds.

Focus eyes on a fixed point to help with balance.

Balance

Gym Skill Challenges

Perform balances on points and patches on floor with accuracy and control. Examples include:

Points (weight on hand/s):

- on one hand and one foot
- on two hands and two feet (front support)
- on one hand and two feet (A-frame one hand)

Patches (Strength positions):

- on stomach (arch)
- on back (dish)
- on shoulders (shoulder stand with support)
- on back with legs lifted (straddle)

Developing my points and patches skills and knowledge so...

What

How

I can balance with control (minimum wobble).

Points - use small bases of support (knees, hands, elbows, feet).

I can balance with the supporting body part still.

Patches - use large bases of support (bottom, stomach, side, legs).

I can hold the balance for at least 3 seconds.

Squeeze body muscles tightly to maintain balance.

Balance

Gym Skill Challenges

Perform balances on one foot on floor, with leg held at approximately horizontal, with accuracy and control.

Examples include:

- arabesque
- side horizontal
- gismo/forward bend
- front scale

Developing my one foot skills and knowledge so...

What

How

I can balance with control (minimum wobble).

Keep head up and still.

I can balance with supporting foot still.

Keep tummy tight and back straight.

I can hold the balance for at least 3 seconds.

Focus eyes on a fixed point to help balance.

Rotation

Gym Skill Challenges

Perform more rolls on floor (combining shapes with a change of level) with accuracy and control. Examples include:

- side roll from wolf split
- scrabble roll

Developing my more rolls skills and knowledge so...

What

How

I can maintain an accurate shape throughout.

Side Roll - Use straddle shape, start and finish in wolf split, tuck shoulder under to roll across back.

I can move smoothly and fluently.

Scrabble Roll - Step forwards, rotate on the vertical axis, go down on one knee, roll onto one hip and then the other (across bottom) using hands for support. To exit, cross legs, and stand up onto one leg.

I can remain balanced throughout.

Keep muscles squeezed tightly throughout.

Rotation

Gym Skill Challenges

Perform rolls on floor (using tuck shape) with accuracy and control. Examples include:

- egg roll
- rock and roll to bottom

Developing my rolls skills and knowledge so...

What

How

I can maintain an accurate shape throughout.

Tuck Roll - Use tuck shape, keeping knees close to chest.

I can move smoothly and fluently.

Rock 'n' Roll - Use tuck shape keeping a rounded back and chin to chest.

I can remain balanced throughout.

Keep muscles squeezed tightly throughout.

Rotation

Gym Skill Challenges

Perform rotation on different body parts on floor (on one or two points with speed) with accuracy and control. Examples include:

- chaîné/one impulse
- push turn/pivot

Developing my different body parts skills and knowledge so...

What

How

I can maintain an accurate shape throughout.

Chaîné Turn/One Impulse - Step forward on to tiptoes with feet together, simultaneously swinging arms up to enable rotation in one motion.

I can rotate with control.

Push Turn/Pivot - Stand on one leg and push off with the other to initiate rotation.

I can remain balanced throughout.

Knee Turn - Start on one knee, swing arms up from the side, put both knees down together to spin (either 180° or 360°), then finish on the other knee.

Spin on Stomach - Lying, use hands to start rotation and lift legs and arms.

Rotation

Gym Skill Challenges

Perform trickier rotations (combing shapes and/or on points with increased speed) combined with hand apparatus. Examples include:

- snakes (ribbon)
- circling (rope, ribbon, hoop or ball)
- bouncing (ball)
- holding apparatus with different body parts (hoop, rope or ball)

Developing my hand apparatus skills and knowledge so...

What

I can perform individual movements accurately.

I can maintain good body tension and extension throughout.

I can keep apparatus in motion throughout (where appropriate).

How

Use spotting to aid balance.

Tighten muscles to enable controlled movements.

Hold apparatus away from body to allow free movement.

Key Vocabulary

linked, plank, counterbalance, contrasting, complementary, flow, base, simultaneously, one motion, in constant motion, rhythm, formation, randomly, modify

Curriculum Links

Pupils should....

Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

Enjoy communicating, collaborating and competing with each other.

Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Develop flexibility, strength, technique, control and balance.

Compare their performance with previous ones and demonstrate improvement to achieve their personal best.

Wider Links

To further develop the children's balance skills, use the following (**click the links at the bottom to explore**):

- **real PE daily** - short, daily activity ideas to further develop balance skills.
- **real PE at home** (home learning) - balance (one leg; seated and floor work).