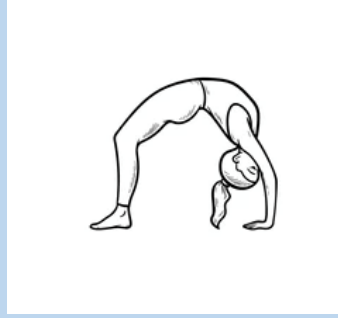


PE		Y4 – Balance skills - KLP	
Skills		Crucial Knowledge	Concepts & Vocabulary
 THE PEG LEG  WARRIOR  		To complete a warm up to prepare my body for movement. To perform the following balances: peg leg balance, warrior balance, front plank balance and the half way handstand. To move into and out of a static balance from a stable position using the apparatus. To perform a bridge balance using either the floor or apparatus.	<u>Concepts</u> - To build, develop and demonstrate resilience - To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being <u>Vocabulary</u> Bridge balance Dynamic balance Stability
		To perform a synchronised routine, with a partner, performing 4 controlled static balances.	<u>Declarative knowledge</u> A static balance in gymnastics is a position where the gymnast holds their body still and stable using the apparatus (bench, balance beam or floor mat) for a specified period of time. A bridge balance is a position where my body forms a bridge like shape, supported by my hands and feet.

