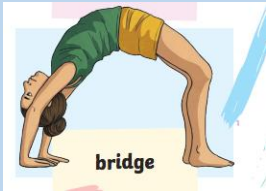


PE	Y3 – Balance skills - KLP	
Skills	Crucial Knowledge	Concepts & Vocabulary
  Tucked V Balance • Sit on floor. • Rest hands behind. • Lean back and tuck legs up. • Challenge! Lean back further. Tuck Balance • Crouch down. • Keep knees together. • Curl into a ball. • Challenge! Raise onto toes.	To complete a warm up to prepare my body for movement. To know the steps involved in performing a static balance to ensure that my balances show stillness, stability and a clear shape. To perform the following balances: tuck balance, one-legged balance and a front plank holding each balance for 3-5 seconds. To perform a simple bridge balance and hold this for 3-5 seconds.	Concepts • To build, develop and demonstrate resilience • To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being Vocabulary Static balance Synchronicity Contact points Stability Alignment Tension
  bridge	To perform a gymnastics sequence of 4 static balances with a partner and my routines show synchronicity (movements are at the same time as my partner).	Declarative knowledge A static balance in gymnastics is a position where the gymnast holds their body still and stable for a specified period of time. A synchronised routine in gymnastics refers to a performance where two or more gymnasts work together to perform identical movements simultaneously.