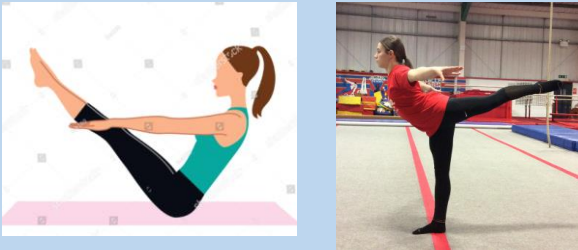
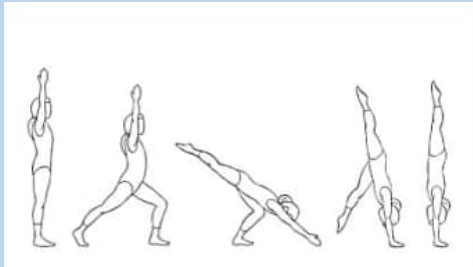


| PE                                                                                                                                                                  | Y5 – Balance skills - KLP                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Skills                                                                                                                                                              | Crucial Knowledge                                                                                                                                                                                                                                                                                                                                                       | Concepts & Vocabulary                                                                                                                                                                                                                                                                                                                                                                                                                |
|   | <p>To complete a warm up to prepare my body for movement.</p> <p>I can perform the following balances: V-sit or tuck hold, arabesque and candlestick balance using the floor and apparatus.</p> <p>I can perform a handstand.</p> <p>I can perform a roll (forwards roll, tuck roll &amp; log roll) into and out of a complex balance showing fluidity of movement.</p> | <p><b><u>Concepts</u></b></p> <ul style="list-style-type: none"> <li>To build, develop and demonstrate resilience</li> <li>To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being</li> </ul> <p><b><u>Vocabulary</u></b></p> <p>Complex balance<br/>Alignment<br/>Transition<br/>Fluidity</p>                                                                               |
|                                                                                  | <p>I can perform a gymnastics routine, combining 3 complex balances with rotational movements.</p>                                                                                                                                                                                                                                                                      | <p><b><u>Declarative knowledge</u></b></p> <p>A <b>complex</b> balance is a more challenging balance requiring the gymnast to show coordination, control and flexibility. Complex balances should show a stable starting position and a smooth transition into the balance - demonstrating control and a fluidity of movement.</p> <p>A <b>roll</b> is a movement where the gymnast's body rotates along the floor or apparatus.</p> |

