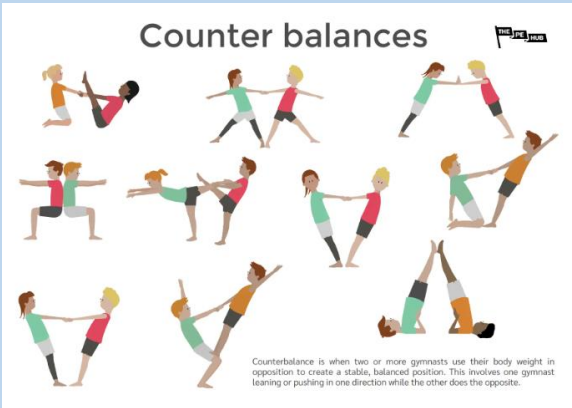


PE	Y6 – Balance skills - KLP	
Skills	Crucial Knowledge	Concepts & Vocabulary
	To complete a warm up to prepare my body for movement. To perform a standing, seated and side-by-side controlled counter balance with a partner using the floor. To perform a standing, seated and side-by-side controlled counter balance with a partner using the apparatus. To use transitional movements to link a sequence of balances. To integrate a canon effect movement into a routine showing staggered and precise timings.	<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> Counter balance Canon effect Refine Formation
	To perform a fluid and synchronised routine performing 3 counterbalance formations.	<u>Declarative knowledge</u> A counterbalance in gymnastics is a position or movement in which two or more gymnasts use their body weight and strength to balance and support each other while maintaining equilibrium. The canon effect in gymnastics refers to a choreographic technique where a sequence of movements are performed by multiple gymnasts in a staggered or overlapping manner.