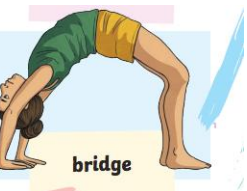


Year 3: Gymnastics skills - Balance			
Crucial Knowledge & Skills		Key Concepts	Other Key Vocabulary
To complete a warm up to prepare my body for movement. To know the steps involved in performing a static balance to ensure that my balances show stillness, stability and a clear shape. To perform the 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. 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).	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 build, develop and demonstrate resilience To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being	Static balance is the ability to hold a stationary body shape or posture completely still and controlled for 3 – 5 seconds
			Synchronicity is the performance of identical movements, balances, or sequences by two or more gymnasts at
			Contact points refer to the specific body parts that touch the floor or apparatus while holding a balance. Points are small body parts such as hands, feet or elbows. Patches are larger body parts like the back or stomach.
			Stability is the body's ability to control a balance or shape whilst still or moving
			Alignment means keeping the body parts, like the head, shoulders, hips, knees, and ankle, in a straight line or correct position Tension refers to keeping muscles tight and engaged to hold strong shapes