

Purpose

Develop and apply balance skills in a variety of modified games to improve dynamic balance and counterbalance to enable greater success when under pressure.

Prepare for traditional invasion games that use feints, change of speed and direction to outwit opponents.
Learn about attacking and defending strategies to help make effective decisions.

Learning Goals



Organise and Guide Others

Emerging

- I show patience and support others, listening carefully to them about our work.

Expected

- I cooperate well with others and give helpful feedback.
- I help organise roles and responsibilities and can guide a small group through a task.
- I can involve others and motivate those around me to perform better.

Exceeding

Dynamic Balance

Dynamic Balance

Counter Balance

Counter Balance

In this unit, the children will develop and apply their dynamic balance on a line and counter balance with a partner through focused skill development sessions, modified/non-traditional games and sports and healthy competition.



Emerging

I can complete **some** blue challenges



Expected

I can complete **all** blue challenges



Exceeding

I can complete **some** pink challenges

- I can negotiate and collaborate appropriately.

Skills and Knowledge - Learning Behaviour

Social Skills



Developing my social skills and knowledge so...

What

How

Emerging - I show patience and support others, listening carefully to them about our work.

Give specific feedback on what others have done well.
Take responsibility for making sure everyone is clear on what they are doing.
Take turns speaking and give specific feedback on what others have done well.
Give clear, simple instructions and check for understanding.

Expected - I cooperate well with others and give helpful feedback.

Take responsibility for making sure everyone is clear on what they are doing.
Listen to and take on others' opinions and then discuss the best way forward.

Expected - I help organise roles and responsibilities and can guide a small group through a task.

Listen to and take on others' opinions and then discuss the best way forward.
Give a positive comment before any improvement feedback.

Exceeding - I can negotiate and collaborate appropriately.

Give a positive comment before any improvement feedback.
Use a combination of praise, positive body language and challenge to motivate other team members.

Expected - I can involve others and motivate those around me to perform better.

Ensure all team members are involved and if not, encourage them and ask for their input.
Use a combination of praise, positive body language and challenge to motivate other team members.

Skills and Knowledge - FMS

Dynamic Balance Dynamic Balance

Skill Challenges

Maintaining balance on a line:

1. I can walk fluidly, both forwards and backwards, lifting heel to bottom, knees up and with heel to toe landing.
2. I can lunge walk forwards (heel to bottom, knees up, extend leg forward and sink hips, heel to toe landing).
3. I can lunge walk forwards, bringing opposite elbow up to a 90° angle.
4. I can complete all red dynamic balance challenges with eyes closed.

Developing my dynamic balance on a line skills and knowledge so...

What

How

I can move with fluidity and minimum wobble.

Keep my head still and back straight.

I can stay balanced on the line with head up.

Practise the movement slowly at first.

I can move with opposite arm and leg moving forwards.

Use my arms to help balance as I move, bringing them 'from hips to lips'.

Counter Balance Counter Balance

Skill Challenges

With a partner, maintaining balance:

1. I can stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together.
2. I can stand on 1 leg while holding on to my partner's opposite leg.

Developing my counter balance with a partner skills and knowledge so...

What

How

I can maintain balance throughout.

Keep my core muscles tight.

I can move smoothly and with control.

Keep my body straight throughout.

I can coordinate movements with my partner.

Start leaning in and then slowly lean back using smooth, controlled movements.

Key Vocabulary

guide, motivate, negotiate, lunge, driving, coordinated, counterbalance

Curriculum Links

Pupils should....

Enjoy communicating, collaborating and competing with each other and develop an understanding of how to improve in an activity.

Develop strength, control and balance.

Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

Wider Links

To further develop the children's dynamic balance and counter balance skills, use the following (**click the links at the bottom to explore**):

- **real PE daily** - short, daily activity ideas to further develop dynamic balance and counter balance skills.
- **real gym** - Year 5/6, Unit 1 (travel/low apparatus) and Year 5/6, Unit 2 (balance/partner work)