



**Years
7-11**

**Pathway
1-3**

**Balance and Coordination
Autumn / Spring Term**

Learning Intention:

Pupils are taught to practise balance movements and coordination skills using a variety of equipment and apparatus.

- They will develop fundamental balance and coordination skills that can be transferred into other sports as well as situations outside of Meadow.
- They will experience using different apparatus safety
- They will be taught to play within the rules of a game
- They will be provided with opportunities for collaboration with their peers; working and communicating together to try and achieve the same common goal. These will be an important life skill that can be transferred outside of PE lessons.

Key knowledge that should be learned during this SoW

All

Most

Some

Concept:

- Focusing on ultimate body control to perform techniques
- Gross motor control to perform techniques
- Sequencing techniques into routines
- Focusing on using different apparatus safely

Knowledge:

- Use of body tension to hold moves

- Names and techniques of

- Different ways to hold body tension on

	<ul style="list-style-type: none"> ● Use of body to travel in different ways ● Focus on techniques in isolation 	<p>rolls, shapes</p> <ul style="list-style-type: none"> ● Different ways to balance. 	<p>apparatus</p> <ul style="list-style-type: none"> ● Different ways to balance using different apparatus.
Key Skills:	<ul style="list-style-type: none"> ● Holding body tension to ensure accurate moves 	<ul style="list-style-type: none"> ● Techniques for balances, rolls, shapes, jumps ● Using gross motor skills to aid performance ● Techniques for successfully counter balances. 	<ul style="list-style-type: none"> ● Techniques for balances and shapes on different apparatus. ● Techniques for headstands, handstands and cartwheels
Language and/or communication skills:	<ul style="list-style-type: none"> ● Body tension ● Pointed hands/toes ● Core ● Muscles 	<ul style="list-style-type: none"> ● Types of balances ● Shape names ● Sequences 	<ul style="list-style-type: none"> ● Apparatus ● Vault names ● Head stand ● Handstand ● Cartwheel ● Routine

Curricular Links

- PSHE: Personal hygiene
- Literacy: using keywords
- Communication: planning routines with peers
- Career links