

### 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.

Develop social skills to learn to cooperate by listening to others and being supportive. When ready, be prepared to lead a small group through a task and give helpful feedback when appropriate.

### Learning Goals



### Provide Helpful Feedback

#### Emerging

- I show patience and support others.
- I am happy to show and tell others about my ideas.

#### Expected

- I cooperate well with others and give helpful feedback.

#### 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 **all** Red challenges



#### Expected

I can complete **some** Blue challenges



#### Exceeding

I can complete **all** Blue challenges

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

**Exceeding**

- I can give and receive sensitive feedback to improve myself and others.

**Skills and Knowledge - Learning Behaviour**

## Social Skills



### Developing my social skills and knowledge so...

#### What

#### How

I show patience and support others.

Give specific feedback on what others have done well.

Take responsibility for making sure everyone is clear on what they are doing.

I am happy to show and tell others about my ideas.

Take turns speaking and give specific feedback on what others have done well.

Give clear, simple instructions and check for understanding.

Take responsibility for making sure everyone is clear on what they are doing.

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.

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.

I can give and receive sensitive feedback to improve myself and others.

Give a positive comment before any improvement feedback.

Use a combination of praise, positive body language and challenge to motivate other team members.

I can negotiate and collaborate appropriately.

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 perform a marching action, lifting knees and elbows up to a 90° angle.
2. I can walk fluidly with a heel to toe landing.
3. I can walk fluidly, lifting knees up and using a heel to toe landing.
4. I can walk fluidly, lifting heels up to bottom and using a heel to toe landing.

---

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

#### What

I can move smoothly and with minimum wobble.

I can stay balanced on the line with head up.

I can move with opposite arm and leg moving forwards.

#### How

Keep my head still and look forward.

Keep my tummy (core muscles) tight and back straight.

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

## Counter Balance Counter Balance

### Skill Challenges

With a partner, maintaining balance

1. I can hold and, with a short base, lean back, hold our balance and then move back together.
2. I can hold on with 1 hand and, with a short base, lean back, hold our balance and then move back together.
3. I can perform both short base challenges with eyes closed.

---

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

### What

---

I can maintain balance throughout.

---

I can move smoothly and with control.

---

I can coordinate movements with my partner.

### How

---

Keep my tummy (core muscles) tight and body straight throughout.

---

Hold with straight arms when leaning back.

---

Hold on to my partner's forearms and communicate with them.

### Key Vocabulary

roles, responsibilities, marching, sink hips, short base, forearm

### 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)