

Gymnastics – Balances

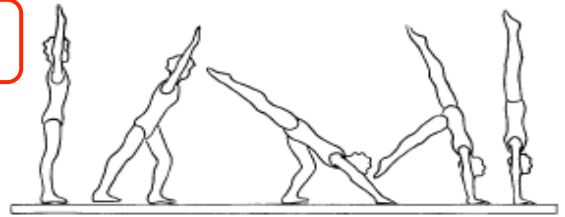
Keywords

Key Stage 1	Key Stage 2
Routine	Fluency
Control	Balance
Movement	Safety
Roll	Floor
Mood	Grace/Beauty

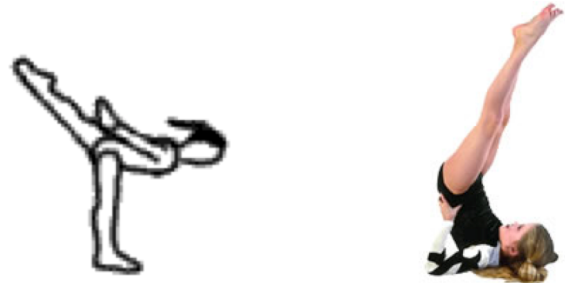
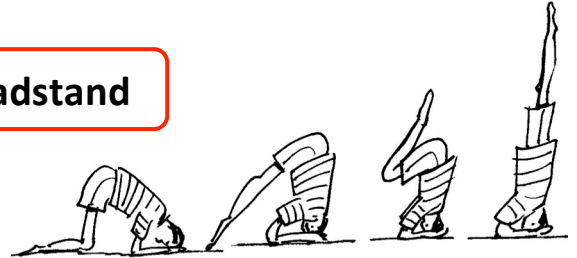
Can you think of any more?



Handstand



Headstand



Arabesque

Shoulder Stand

Can you think and perform any other balances?

Core Task:

Can you develop a paired routine including the following gymnastic moves?

- 3 different rolls
- 3 different balances
- A range of jumps and turns
- Mirror/Matching
- Use of levels and changes in speed
- 2 pieces of apparatus

RECORD YOUR LEVEL

Performance	L1	Can attempt to balance on 2 points
	L2	Can take weight onto hands
	L3	Can get into a simple balance and hold it
	L4	Can balance in 1 point with control
Analysing Performance	L1	Can watch someone perform
	L2	Identify movements on performance
	L3	Able to compare work with others
	L4	Pick out strengths and weaknesses
Select and Apply	L1	Can perform balances in isolation
	L2	Can link 2 balances together
	L3	Can select an appropriate balance in relation to partner
	L4	Uses more complex balances in a routine
Health Related Fitness	L1	Explains what exercise is
	L2	Can describe how you feel during exercise
	L3	Knows why exercise is good for us
	L4	Can begin to warm up independently