





PE	Y3 – Balance Skills - KLP	
Skills	Knowledge	Concept & Vocabulary
   	To hold a bridge balance.	<p>Concept: To plan & perform a routine incorporating controlled forwards, backwards and sideways bridge balances linked with rolls.</p> <p>Vocabulary</p> <ul style="list-style-type: none"> • Bridge • Mirroring • Canon • Travelling • Rolling
	To roll into and out of a bridge balance	
	To link a number of bridge balances showing control in transitional movements.	
	In pairs to choreograph a simple routine performing a range of balances - linked through transitional movements and rolls into and out of a bridge balance.	
In groups to choreograph a simple routine performing a range of balances - linked through transitional movements and rolls into and out of a bridge balance.	To perform and evaluate a sequence.	

