
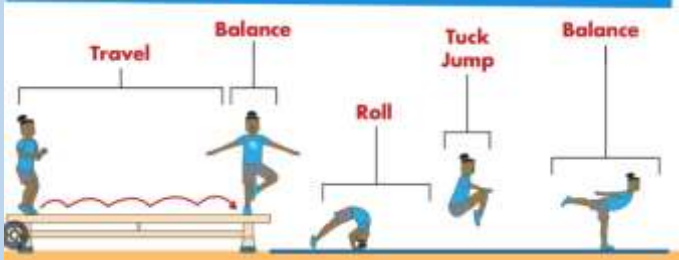


PE	Y4 – Balance Skills - KLP	
Skills	Knowledge	Concept & Vocabulary
	<p>To explore which body parts make stable balances and how they can use their body parts to strengthen balances.</p>	<p>Concept: To compose and perform a complex sequence to incorporate a strong balance linked with a roll</p> <p>Vocabulary</p> <p>Stability Linking Balance point Transitional movement Inverted balance</p>
	<p>To link balances using controlled transitional movements.</p>	<p>Recall from Y3</p> <p>Concept: To plan & perform a routine incorporating controlled forwards, backwards and sideways bridge balances</p>
	<p>To use the floor & low-level apparatus to link a rolled shape into a complex balance showing fluidity and control in movements.</p>	<p>Vocabulary</p> <p>Bridge Mirroring Canon Travelling Rolling</p>
	<p>To explore travelling on hands and feet linking movements.</p>	
	<p>To sequence and link gymnastic movements - rolls, travelling and balances.</p>	
	<p>To evaluate a group performance using Tower Hamlet sentence starters based on a specific focus.</p>	