







PE	Year 6 – Counter Balance	
Skills	Knowledge	Concept & Vocabulary
	<p>To understand the forces involved in a counter balance &amp; perform a counter balance with a partner.</p>	<p><b>Concept:</b> To compose and perform a fluid sequence - incorporating 3 counter balances and clear transitional movements.</p>
	<p>To use the apparatus to practise, perform and refine a counter balance.</p>	<p><b>Vocabulary</b> Counter balance Force Transition dismount</p>
	<p>To choreograph a routine incorporating counter balances and modes of travelling to link movements.</p>	<p><b>Recall from Y5</b> <b>Concept:</b> To have the ability to take body weight on hands within a longer sequence using the floor and apparatus. To consistently apply and perform techniques with accuracy, precision and control.</p>
<p><b>Level 3</b></p> 	<p>To perform a bridge counter balance with a partner - using the floor.</p>	<p><b>Vocabulary</b></p>
<p><b>Level 4</b></p> 	<p>To choreograph a routine incorporating 3 counter balances in a group with fluidity in transitional movements.</p>	<p>Gravity Composition Technique Point balance</p>
<p><b>Level 5</b></p> 	<p>To evaluate a complex gymnasts routine using teacher structured vocabulary to formulate specific feedback.</p>	