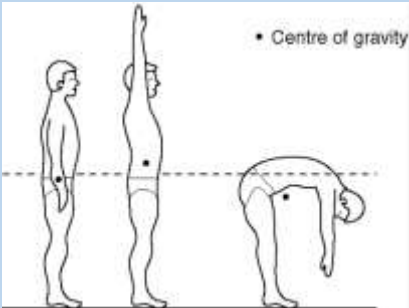






PE	Y5 – Balance Skills - KLP	
Skills	Knowledge	Concept & Vocabulary
 <p>• Centre of gravity</p>    	<p>To recognise the centre of gravity when performing balances.</p>	<p>Concept: To have the ability to take body weight on hands within a longer sequence using the floor and apparatus consistently applying and performing techniques with accuracy, precision and control.</p> <p>Vocabulary Gravity Composition Technique Point balance</p>
	<p>To perform a sequence of balances using the apparatus.</p>	
	<p>To combine a number of balances and travelling movements incorporating a twisted shape.</p>	<p>Recall from Y4</p> <p>Concept: To compose and perform a complex sequence to incorporate a strong balance linked with a roll</p> <p>Vocabulary Stability Linking Balance point Transitional movement Inverted balance</p>
	<p>To perform a cartwheeling action - taking weight in hands.</p>	
	<p>To perform a handstand and integrate the balance into a sequence.</p>	
<p>To evaluate a group performance using Tower Hamlet sentence starters based on a specific focus.</p>		