Balance Strength Movemen. Coordination Resilienc

PE – Core Strength and Balance

Connections: Prior Knowledge and Skills

Balance is the ability to stay upright, steady and in control of your posture. It means maintaining your posture during any activity. This can be when you are still or when you are moving.

You can balance in a variety of different ways. You can balance on one body part, two body parts, three body parts. You can balance at different levels (low, medium and high).

In PE, static balances are exercises where a person holds a specific body shape and posture while remaining still. Examples include holding a yoga pose on one leg, maintaining a stable handstand or striking a 'star pose' without moving.

Wellbeing is the state of being comfortable, healthy and happy. Exercise can have a positive impact on your mental health and wellbeing.

Sentence Stems

Yes/no because...
I agree/disagree with...
I believe...
They are alike because they are both...
I...because...
When I...because...
It is...and...
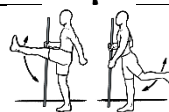After/Before I...
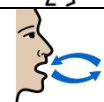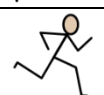I predict...because...
I know that...

Vocabulary

Word	
Balance	
Swing	
Twist	
Breathe	
Sprint	
Static	Stay still...
Personal best	
Coordination	
Agility	

Sticky Knowledge

Substantive Knowledge

Patch balances are gymnastic balances performed by supporting your body on larger body parts. They are used for holding still positions.

Plank — Hold for 30 seconds — Keep your tummy muscles pulled in and your shoulders down!

This image shows the plank. It is good for body strength and getting fitter.

Static means that you are still and are not moving. Dynamic means that you are moving and are full of energy.

Develop means to work on and improve something. Your personal best is the best time, score or performance that you can do.

Agility means moving quickly and easily.

Disciplinary Knowledge

- I can understand and explain why exercise is important for our bodies and minds.
- I can develop and extend my balance, both individually and with others.
- I can remember and demonstrate a position from each of the 5 patch balance body parts (front, back, side, shoulders and bottom).
- I can perform frog jumps, bear crawls, crab walks, donkey kicks, gorilla runs and the joey pouch with good control and balance.