



Counter Balance: In Pairs

Progression of **skills**, **knowledge**
and **vocabulary**



PROGRESSION OF SKILL

PROGRESSION OF KNOWLEDGE

PROGRESSION OF VOCABULARY

Declarative

Procedural

Key Vocabulary

Skill progression

1. Sit holding hands with toes touching, lean in together then apart with...
2. Sit holding 1 hand with toes touching, lean in together then apart with...
3. Sit holding hands with toes touching and rock forwards, backwards and side-to-side with...

- balance maintained throughout.
- smooth, controlled movements.
- coordinated movements with partner.

- Keep tummy tight.
- Keep back straight and head up.
- Hold on to your partner's forearms.

- toes
- rock
- lean
- side-to-side

1. Hold on and, with a long base, lean back, hold balance and then move back together with...
2. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together with...

- balance maintained throughout.
- smooth, controlled movements.
- coordinated movements with partner.

- Keep tummy (core muscles) tight and body straight throughout.
- Hold with straight arms when leaning back.
- Hold on to partner's forearms and maintain a long base.

- long base
- hold balance
- long base
- core muscles

Expected - end of Key Stage 1

1. Hold on and, with a short base, lean back, hold balance and then move back together with...
2. Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together with...
3. Perform above challenges with eyes closed with...

- balance maintained throughout.
- smooth, controlled movements.
- coordinated and controlled movements with partner.

- Keep tummy (core muscles) tight and body straight throughout.
- Hold with straight arms when leaning back.
- Hold on to partner's forearms and keep a short base.

- short base
- forearm
- perform
- coordinated

Expected - end of lower Key Stage 2

1. Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together with...
2. Stand on 1 leg while holding on to partner's opposite foot with...

- balance maintained throughout.
- smooth, controlled movements.
- coordinated movements with partner.

- Keep core muscles tight.
- Keep body straight, looking at partner throughout, and hold balance.
- Start by leaning in and then slowly lean back using smooth, controlled movements.

- controlled
- counterbalance
- movements

Expected - end of upper Key Stage 2

1. Complete all blue challenges with eyes closed with...
2. Step onto bench facing partner, hold with both hands with feet side by side, lean back, hold and then move back together with...
3. Step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms with...

- balance maintained throughout.
- smooth, controlled movements.
- coordinated movements.

- Keep core muscles tight and focus on partner.
- Keep body straight and maintain balance throughout.
- Start by leaning in and then slowly lean back using smooth, controlled movements.

- maintain
- taut
- trust
- smooth

1. Stand on a line facing partner, hold with both hands, lean back and then swap places whilst maintaining counter balance position with...
2. Stand on a low beam facing partner, hold with both hands then swap places whilst maintaining counter balance position with...

- balance maintained throughout.
- smooth, controlled movements.
- coordinated movements.

- Make sure core muscles are tight.
- Keep body straight throughout.
- Start by leaning in and then slowly lean back using smooth, controlled movements.

- facing
- position
- swap
- communication

Skill progression



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