



Dynamic Balance: On a Line

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



PROGRESSION OF SKILL

PROGRESSION OF KNOWLEDGE

PROGRESSION OF VOCABULARY

Declarative

Procedural

Key Vocabulary

1. Walk forwards with fluidity and minimum wobble with...
2. Walk backwards with fluidity and minimum wobble with...

- smooth movements.
- balance maintained on the line.
- opposite arm and leg moving forwards.

- Keep back straight.
- Keep head up and still.
- Swing arms to help move and balance.

- minimum
- line
- wobble
- backwards

1. Walk fluidly, lifting knees to 90° with...
2. Walk fluidly, lifting heels to bottom with...

- smooth, controlled movements and minimum wobble.
- balance maintained on the line.
- opposite arm and leg moving forwards.

- Work off the balls of feet.
- Keep head still and look forward.
- Use arms to help you move and balance as you walk (opposite arm and leg).

- fluidity
- maintain
- heels
- forwards
- 90°
- lifting

Expected - end of Key Stage 1

1. March, lifting knees and elbows up to a 90° angle with...
2. Walk fluidly with heel to toe landing with...
3. Walk fluidly, lifting knees and using heel to toe landing with...

- smooth, controlled movements and minimum wobble.
- balance maintained on the line.
- opposite arm and leg moving forwards smoothly.

- Keep tummy (core muscles) tight and back straight.
- Keep head still and look forward.
- Use arms to help you move and balance as you walk, bringing them from 'hips to lips'.

- marching action
- heel to toe landing
- hips to lips

Expected - end of lower Key Stage 2

1. Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing with...
2. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing) with...
3. Lunge walk forwards, bringing opposite elbow up to a 90° angle with...
4. Complete all red challenges with eyes closed with...

- balance maintained on the line.
- opposite arm and leg driving forwards.
- fluidity and minimum wobble.

- Keep head still and back straight.
- Use arms to help you move and balance as you walk, bringing them from 'hips to lips'.
- Practise the movement slowly at first movements.

- heel to bottom
- extend
- lunge
- 90° angle
- sink hips
- driving

Expected - end of upper Key Stage 2

1. Sidestep in both directions with...
2. Stand sideways and complete continuous 180° front pivots. Then with 180° reverse pivots with...
3. Move sideways, stepping across body (lateral step-over) with...
4. Perform 'grapevines' (step-over, sidestep, step-behind, repeat). with...
5. Complete blue challenges then above challenges with eyes closed with...

- balance maintained on the line.
- opposite arm and leg driving forwards.
- fluidity and minimum wobble.

- Keep head still and back straight.
- Use smooth, controlled movements.
- Concentrate on keeping centre of gravity over base of support.

- sidestep
- stand
- front/reverse pivots
- continuous
- repeat
- lateral step-over
- lateral step-behind

1. Lunge walk backwards.
2. Lunge walk backwards with opposite elbow at 90° with...
3. Lunge walk along curved pathway, forwards then backwards, with opposite elbow at 90° with...
4. Perform above challenges with eyes closed with...

- balance maintained on the line.
- opposite arm and leg driving forwards.
- fluidity and minimum wobble.

- Keep head still, back straight and look forward.
- Use arms to help you balance as you walk.
- Concentrate on keeping centre of gravity over base of support.

- lunge walk
- curved pathway
- base of support

Skill progression

Skill progression



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