



Static Balance: 1 Leg

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



PROGRESSION OF SKILL

PROGRESSION OF KNOWLEDGE

PROGRESSION OF VOCABULARY

Declarative

Procedural

Key Vocabulary

On both legs:

1. Stand still for 10 seconds with...

- minimum wobble.
- standing foot still.
- non-standing foot off the floor.

- Keep head up and still.
- Keep tummy tight.
- Keep back straight.

- back (body)
- challenging
- wobble
- muscles
- straight

On both legs:

1. Stand still for 30 seconds with...
2. Complete 5 mini-squats with...

- minimum wobble (control).
- standing foot still.
- non-standing foot off the floor.

- Keep head up and still.
- Keep tummy (core muscles) tight and back straight.
- Use arms to help you balance.

- core muscles
- non-standing
- balance
- control
- tight
- mini-squat
- freeze
- dominant (non)

Expected - end of Key Stage 1

On both legs:

1. Stand still for 30 seconds with eyes closed with...
2. Complete 5 squats with...
3. Complete 5 ankle extensions with...

- minimum wobble (control).
- smooth, controlled movements.
- non-standing foot off the floor.

- Look forward and imagine a focus point.
- Use your arms to help you balance.
- Keep your tummy (core muscles) tight and back straight.

- focus
- point
- support (with and without)
- static
- improve
- heel raises
- practise
- feedback

Expected - end of lower Key Stage 2

On both legs:

1. Stand still on uneven surface for 30 seconds with...
2. Stand still on uneven surface for 30 seconds with eyes closed with...
3. Complete 10 squats into ankle extensions with...
4. Complete 5 squats with eyes closed with...

- stability.
- smooth, controlled movements.
- consistent performance.

- Keep your tummy (core muscles) tight.
- Use your arms to help you balance.
- Use smooth, controlled movements.

- movement
- repeatable
- smooth
- uneven
- maintain
- ankle extension
- controlled

Expected - end of upper Key Stage 2

On both legs:

1. Complete 5 ankle extensions with eyes closed with...
2. Complete 10 squats into ankle extensions with eyes closed with...
3. Complete above 2 challenges on uneven surface with eyes open with...
4. Complete first 2 challenges on uneven surface with eyes closed with...

- stability.
- smooth, controlled movements.
- consistent performance.

- Keep your centre of gravity over your base of support.
- Keep your core muscles tight.
- Use smooth, controlled movements.

- centre of gravity
- stability
- base
- vigorous
- persevere
- performance

On both legs:

1. Place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand with...
2. Perform above challenge with eyes closed with...
3. Stand on uneven surface and pace cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand with...

- stability.
- smooth, controlled movements.
- consistent performance.

- Keep your core muscles tight.
- When reaching, you may need to stretch your other arm and leg back to counter balance.
- Use smooth, controlled movements.

- stretch
- counterbalance

Skill progression

Skill progression



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