

Year 5/6 – Unit 2 – Creative

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	<b>Static Balance</b> Seated	<b>In a seated position without hands or feet touching the floor:</b> <ul style="list-style-type: none"> <li>- To know how to reach and pick up cones from in front, to the side and from behind.</li> <li>- To know how to reach and pick up cones from in front, to the side and from behind with eyes closed.</li> <li>- To know how to reach and pick up cones from in front, to the side and from behind while a partner applies a force.</li> <li>- To know how to reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.</li> </ul>	<b>In a seated position without hands or feet touching the floor:</b> <ul style="list-style-type: none"> <li>- To know how to reach and pick up cones on the floor whilst on a bench and without losing balance.</li> <li>- To know how to turn 360° in either direction, first on the floor then on a bench.</li> <li>- To know how to balance on an uneven surface, e.g. wobble cushion, for 10 seconds.</li> <li>- To know how to reach and pick up cones on the floor whilst on an uneven surface, e.g. wobble cushion, and without losing balance.</li> </ul>
4 - 6	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	<b>Static Balance</b> Floorwork	<b>Maintaining balance throughout:</b> <ul style="list-style-type: none"> <li>- To know how to hold a front support position with only 1 foot in contact with the floor and transfer a cone on and off my back.</li> <li>- To know how to rotate fluently from a front support to a back support, and then continue rotating with fluency.</li> </ul>	<b>Maintaining balance throughout:</b> <ul style="list-style-type: none"> <li>- To know how to hold a front support position with only 1 foot in contact with the floor and transfer a tennis ball on and off my back.</li> <li>- To know how to hold a front support position with only 1 foot in contact with the floor and transfer a tennis ball on and off my back with eyes closed.</li> </ul>