

Year 5/6 – Unit 3 – Social

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>Dynamic Balance</b> On a line	<b>Maintaining balance on a line:</b> <ul style="list-style-type: none"> <li>- To know how to sidestep in both directions.</li> <li>- To know how to stand sideways and complete continuous 180° front pivots. I can do the same with 180° reverse pivots.</li> <li>- To know how to move sideways, stepping across my body (lateral step-over).</li> <li>- To know how to perform 'grapevines' (lateral step-over, sidestep, lateral step-behind, repeat).</li> <li>- To know how to complete all 'blue dynamic balance challenges' then all the above challenges with eyes closed.</li> </ul>	<b>Maintaining balance on a line:</b> <ul style="list-style-type: none"> <li>- To know how to lunge walk backwards along a line.</li> <li>- To know how to lunge walk backwards with opposite elbow at 90°.</li> <li>- To know how to lunge walk along a curved pathway, forwards then backwards, with opposite elbow at 90°.</li> <li>- To know how to perform all the above tasks with eyes closed.</li> </ul>
4 - 6	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	<b>Counter Balance</b> with a partner	<b>With a partner, maintaining balance throughout:</b> <ul style="list-style-type: none"> <li>- To know how to complete all blue counter balance challenges with eyes closed.</li> <li>- To know how to step onto a bench facing my partner, hold with both hands with feet side by side, lean back, hold and then move back together.</li> <li>- To know how to step onto a bench facing my partner, hold with both hands and swap places whilst leaning back with straight arms.</li> </ul>	<b>With a partner, maintaining balance throughout:</b> <ul style="list-style-type: none"> <li>- To know how to stand on a line facing my partner, hold with both hands then lean back and then swap places whilst maintaining the counter balance position.</li> <li>- To know how to stand on a low beam facing my partner, hold with both hands then swap places whilst maintaining the counter balance position.</li> </ul>