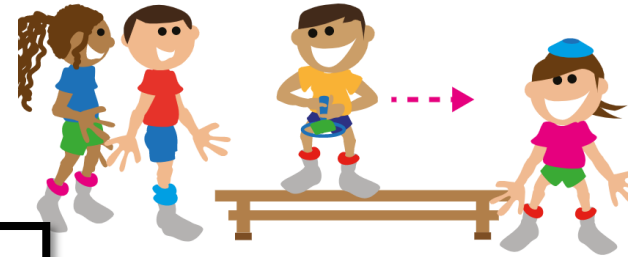


## Skill: Balance on a line



## Skill: Static Balance



## Cognitive Skills.

### Level 3

- I can explain what I am doing well and I have begun to identify areas for improvement

### Level 2

- I can begin to order instructions, movements and skills.
- I can explain why someone is working or performing well.
- With help, I can recognise similarities and differences in performance.

### Level 1

- I can name some things I am good at.
- I can understand and follow simple rules.

### Yellow Challenge

Maintaining balance on a line:

1. I can walk forwards with fluidity and minimum wobble.
2. I can walk backwards with fluidity and minimum wobble.

### Yellow Challenge

Maintaining balance throughout:

1. I can stand on a line with a good stance for 10 seconds.

### Green Challenge

Maintaining balance on a line:

1. I can walk fluidly, lifting knees up to 90°.
2. I can walk fluidly, lifting heels up to bottom.

### Green Challenge

Maintaining balance throughout:

1. I can stand on a low beam with a good stance for 10 seconds.

### Red Challenge

Maintaining balance on a line:

1. I can perform a marching action, lifting knees and elbows up to a 90° angle.
2. I can walk fluidly with a heel to toe landing.
3. I can walk fluidly, lifting knees up and using a heel to toe landing.
4. I can walk fluidly, lifting heels up to bottom and using a heel to toe landing.

### Red Challenge

On a line and then a low beam, maintaining balance:

1. I can receive a small force from various angles.
2. I can raise alternate feet 5 times.
3. I can raise alternate knees 5 times.
4. I can catch a ball at chest height and throw it back.

Cognitive

# Unit 3

Cognitive Skills

