

Lesson 1/6

**To balance upon
small parts and
be able to vary the
shape of the balances**

Success Criteria

To be able to:

- **Vary the types of balances they can perform**
- **Know which small parts of the body can take weights and show high and low balanced positions**
- **Use different small body parts in combination to create a variety of shapes**

Lesson 2/6

To balance upon large body parts and be able to vary the shape of the balances

Success Criteria

To be able to:

- **Vary the types of balances they can perform**
- **Know which large parts of the body they can balance on and create different shapes**
- **Vary shapes of balances under control**

Lesson 3/6

**To balance upon small
and large body parts
and can move between
different balances
under control**

Success Criteria

To be able to:

- **Know the difference between small and large body parts**
- **Perform a range of individual balances**

Lesson 4/6

To introduce a variety of sideways rolls using curled and stretched shapes

Success Criteria

To be able to:

- Roll safely and under control in a variety of different ways**
- Show rolling sideways in curled and stretched shapes**

Lesson 5/6

To demonstrate wide, thin, tall, and curled body shapes when rolling

Success Criteria

To be able to:

- Show a variety of shapes whilst being under control**
- Travel on small parts of the body and show different shapes**
- Perform a range of rolls (Log and egg)**

Lesson 6/6

To link together 2/3 movements including small and large balances and rolls in a variety of shapes

Success Criteria

To be able to:

- **Show a variety of shapes whilst being under control**
- **Travel on small parts of the body and show different shapes**
- **Perform a range of rolls (Log and egg)**