

**Lesson 1/6**

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

## **Success Criteria**

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**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**

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**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**

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**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**

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**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**

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**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**

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**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)**