



Static Balance: Seated

Progression of **skills, knowledge**
and **vocabulary**



PROGRESSION OF SKILL

PROGRESSION OF KNOWLEDGE

PROGRESSION OF VOCABULARY

Declarative

Procedural

Key Vocabulary

Skill progression

In a seated position:

1. Balance with both hands/ feet down with...
2. Balance with 1 hand/ 2 feet down with...
3. Balance with 2 hands/ 1 foot down with...
4. Balance with 1 hand/ 1 foot down with..
5. Balance with 1 hand or 1 foot down with...
6. Balance with no hands or feet down with...

- hands/feet up for 10 seconds.
- minimum wobble (control).
- balance held without strain.

- Keep back straight.
- Keep head up and stil.
- Keep tummy tight.

- seated
- balance
- wobble
- position
- touching
- control

In a seated position:

1. Pick up a cone from one side, swap hands and place it on the other side. with...
2. Return the cone to the opposite side with...

- feet and hands off the floor throughout.
- minimum wobble.
- balance held without strain.

- Keep weight going through your bottom.
- Keep tummy tight (core muscles) and back straight.
- Keep head up and breathe throughout.

- cone
- return
- core
- swap
- opposite
- muscles

Expected - end of Key Stage 1

In a seated position:

1. Pick up a cone from one side and place it on the other side with same hand with...
2. Return it to the opposite side using the other hand with...
3. Sit in a dish shape and hold it for 5 seconds with...

- feet and hands off the floor throughout.
- minimum wobble.
- balance held without strain.

- Keep tummy tight (core muscles) and back straight.
- Use arms to help maintain balance.
- Keep head up and breathe throughout.

- dish
- straight
- shape
- hold

Expected - end of lower Key Stage 2

In a seated position:

1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions) with...
2. Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions) with...
3. Hold a V-shape with straight arms and legs for 10 seconds with...

- feet and hands off the floor throughout.
- minimum wobble.
- balance held without strain.

- Keep legs, back and arms straight.
- Use smooth, controlled movements.
- Keep core muscles tight.

- arm's distance
- stability
- performance
- V-shape
- repeatable
- strain

Expected - end of upper Key Stage 2

In a seated position:

1. Reach and pick up cones from in front, to the side and from behind with...
2. Reach and pick up cones from in front, to the side and from behind with eyes closed with...
3. Reach and pick up cones from in front, to the side and from behind while a partner applies a force with...
4. Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force with...

- feet and hands off the floor throughout.
- minimum wobble.
- balance held without strain.

- Keep weight going through your bottom.
- Use smooth, controlled movements.
- Use legs and arms to help keep centre of gravity steady and breathe smoothly.

- reach
- force
- apply
- steady

In a seated position:

1. Reach and pick up cones on the floor whilst on a bench, without losing balance with...
2. Turn 360° in either direction, first on the floor then on a bench with...
3. Balance on an uneven surface, e.g. wobble cushion, for 10 seconds with...
4. Reach and pick up cones on the floor whilst on an uneven surface with...

- feet and hands off the floor throughout.
- minimum wobble.
- balance held without strain.

- Lifting legs and arms just off the floor will help keep centre of gravity steady.
- Focus on one point to keep your head still
- Keep core muscles tight while breathing at the same time.

- 360°
- losing balance
- uneven surface

Skill progression



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