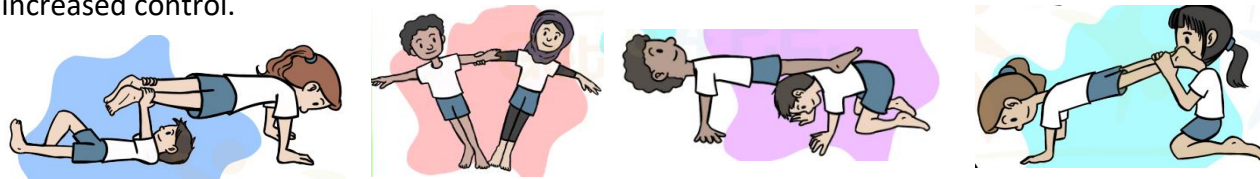
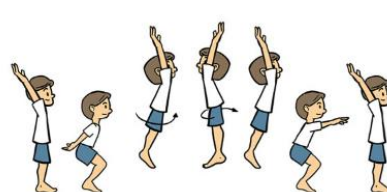


**Key Knowledge and Skills:**

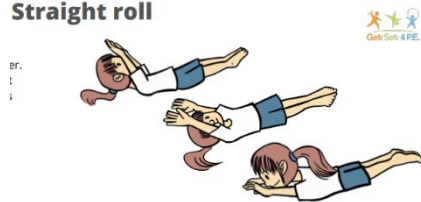
Perform individual and partner balances: Strong body tension will help you to hold balances with increased control.



Control and land rotation jumps: Bend your knees when landing. Land using a landing position with arms straight ahead. Look forward to help maintain balance.

Quarter Turn**Half Turn****Full Turn**

Develop the straight, barrel, forward and straddle rolls:

Straight roll**Forward roll****Barrel roll****Straddle roll**

Develop strength in inverted movements, including your bridge and shoulder stand:

**Key Vocabulary:**

Vocabulary:	Definition:
Rotation	Turning in a particular direction.
Inverted movements	When your hips are above the level of your head.
Sequence	When two or more skills are performed together.
Body tension	Holding your body parts strong when in a balance.
Body extension	Extending arms, legs, fingers and toes when in a balance.
Momentum	The force that moves you forward.

Use travelling movements to link balances within a sequence:

Make your performance interesting by using different shapes, directions, levels and pathways. Use a starting and finishing position. Incorporate different pieces of apparatus.

- Jump
- Roll
- Individual balance
- Partner balance
- Inverted movement
- Travelling movements e.g. slide, spin, step