

Halstead Community Primary School P.E and Design Skills Progression

Balance

Cycles A and B

Saplings (Y1/2)
Term 3

		Saplings (Y1/2) Term 3	
		Year 1	Year 2
Balance	To hold the body perfectly still.		To hold the body in a position moving only slightly (5-6 seconds).
	To stay balanced whilst moving.		To hold the body completely still during balances (7-8 seconds).
	To hold the body in a position moving only slightly (3-4 seconds).		To balance whilst remaining still and moving on small objects (eg. Skipping rope, hoop).
	To hold the body completely still during balances (5-6 seconds).		
	To balance whilst remaining still and moving on small objects (eg. Skipping rope, hoop).		