

# SCHEME OF WORK: **BALANCE:** EYFS

ACTIVITY	OUTLINE OF LESSON
1	To explore different ways to hold a static balance using hands and feet.
2	To be able to hold a static balance with one leg.
3	To hold a static balance whilst seated.
4	To explore different shapes whilst balancing.
5	To perform floor work balances with a partner.
6	To be able to balance while the body is in motion.
7	To explore different ways to balance using small body parts.
8	To explore different ways to balance using large body parts.
9	To learn how to balance with different equipment.
10	To explore different ways to balance with a partner.
11	To recap all the skills learnt from the previous weeks.
12	Progress chart.

## PROGRESS CHART: **BALANCE:** EYFS

PUPIL'S NAME:

CLASS:

SKILL	SKILL ACHIEVED
Can the pupil balance on their left leg?	
Can the pupil balance on their right leg?	
Can the pupil use their hands and feet to balance?	
Can the pupil be creative when balancing?	
Does the pupil show control when balancing?	
Can the pupil work individually?	
Can the pupil work in a team?	
Can the pupil travel in a variety of ways confidently?	
Can the pupil use equipment to balance?	
Can the pupil create different shapes while balancing?	
Does the pupil know what a balance is?	