

**I will learn...**

**HANDS** 

to understand where centre of gravity is between 2 people when holding shapes showing counter balance & counter tension and learn to adjust body parts accordingly on floor & on apparatus.  
 how to take some of a partner's body weight.  
 how to copy basic acrobatic balances.  
 to use an iPad to effectively capture still & moving images.

**HEAD** 

to plan sequences with a partner & can think about how to alter it to make performance better both on floor & apparatus.  
 to capture a performance, then use images to analyse the success of a performance and try to improve it.  
 to understand how to maintain balance when countering a partner.

**HEART** 

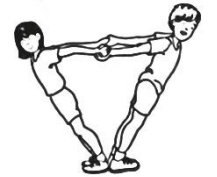
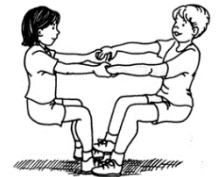
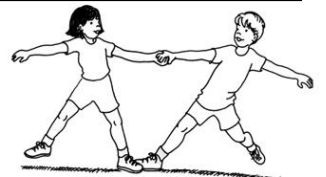
to show what it means to be safe and follow all instructions.  
 how to carry and move apparatus correctly and safely with others.  
 to collaborate effectively with a partner safely whilst sharing space & apparatus.  
 to compare my performance to my own previous efforts & also to those of others.  
 to take on the challenge of more advanced & new skills & activities.  
 how to lead different parts of a warm up.  
 why exercise is good for my health and well-being.

**Key questions:** What rules apply for each type of balance? How long should you balance for? What is different when performing on different levels? How did you need to adjust the amount of push and pull? What does it mean to take a partner's weight? How does counter balance / tension differ from pair balances? What was good about your sequence? What could you both do to improve it?

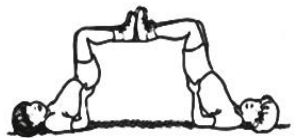
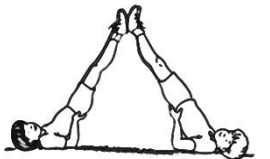
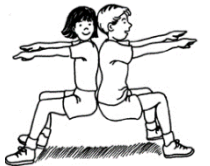
**Key vocabulary:**

**Counter tension** – gymnasts perform a balance which involves two or more of them **pulling** away from each other to hold the shape still.  
**Counter balance** – gymnasts perform a balance which involves two or more of them **pushing** against each other to hold the shape still.  
**Adapt** – adjust a balance that was performed on floor, so it can be performed on apparatus.  
**Control** – Actions can be started and stopped, shapes can be held still and directions travelled in can be changed efficiently.  
**Quality** – Performing actions and shapes at the best possible standard.  
**Capture** – a camera or tablet is used to take a still photograph of a balance or record a video of a moving performance  
**Evaluate** – Receive or give feedback to self / others that makes a judgement on the strengths and weaknesses of a performance.  
**Improve** – Use judgements to make execution of skills or the performance of a sequence better.

**Counter tension (pull)**



**Counter balance (push)**



**Acrobatics**

