



## Static Balance: Floorwork

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



**PROGRESSION OF SKILL**

**PROGRESSION OF KNOWLEDGE**

**PROGRESSION OF VOCABULARY**

**Declarative**

**Procedural**

**Key Vocabulary**

Skill progression

<ol style="list-style-type: none"> <li>1. Hold mini-front support position with...</li> <li>2. Reach round and point to ceiling with either hand in mini-front support with...</li> </ol>	<ul style="list-style-type: none"> <li>● balance maintained throughout.</li> <li>● correct position held.</li> <li>● control when changing balance/position.</li> </ul>	<ul style="list-style-type: none"> <li>● Keep back straight and tummy tight.</li> <li>● Keep knees in line with hips.</li> <li>● Complete this slowly.</li> </ul>	<ul style="list-style-type: none"> <li>● mini-front support</li> <li>● position</li> <li>● reach round</li> <li>● hold</li> </ul>
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<ol style="list-style-type: none"> <li>1. Place cone on back and take it off with other hand in mini-front support with...</li> <li>2. Hold mini-back support position with...</li> <li>3. Place cone on tummy and take it off with other hand in mini-back support with...</li> </ol>	<ul style="list-style-type: none"> <li>● balance maintained throughout.</li> <li>● correct position held by keeping back straight.</li> <li>● control when changing balance/position.</li> </ul>	<ul style="list-style-type: none"> <li>● Keep hands in line with shoulders and knees in line with hips (mini-front support).</li> <li>● Keep hands in line with shoulders and knees in line with hips (mini-back support).</li> <li>● Point fingers towards feet in the mini-back support.</li> </ul>	<ul style="list-style-type: none"> <li>● cone</li> <li>● mini-back support</li> <li>● maintain</li> <li>● tummy</li> <li>● balance</li> </ul>
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**Expected - end of Key Stage 1**

<ol style="list-style-type: none"> <li>1. Hold full front support position with...</li> <li>2. Lift 1 arm and point to the ceiling with either hand in front support with...</li> <li>3. Transfer cone on and off back in front support with...</li> </ol>	<ul style="list-style-type: none"> <li>● balance maintained throughout.</li> <li>● correct position held by keeping back straight.</li> <li>● control when changing balance/position.</li> </ul>	<ul style="list-style-type: none"> <li>● Keep back straight and flat.</li> <li>● Keep legs straight and stretched out.</li> <li>● Keep hands in line with shoulders and complete slowly.</li> </ul>	<ul style="list-style-type: none"> <li>● full front support position</li> <li>● point</li> <li>● transfer</li> </ul>
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**Expected - end of lower Key Stage 2**

<ol style="list-style-type: none"> <li>1. Transfer tennis ball on and off back in a front support with...</li> <li>2. Transfer cone on and off tummy in back support with...</li> <li>3. Transfer tennis ball on and off tummy in back support with...</li> </ol>	<ul style="list-style-type: none"> <li>● good posture straight back.</li> <li>● balance held without strain.</li> <li>● control while transferring objects.</li> </ul>	<ul style="list-style-type: none"> <li>● Keep back straight and flat/tummy up.</li> <li>● Keep legs straight and stretched out and breathe slowly.</li> <li>● Keep core muscles tight and posture aligned.</li> </ul>	<ul style="list-style-type: none"> <li>● back support</li> <li>● strain</li> <li>● control</li> <li>● posture</li> <li>● stretched</li> </ul>
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**Expected - end of upper Key Stage 2**

<ol style="list-style-type: none"> <li>1. Hold front support position with only 1 foot in contact with floor and transfer cone on and off back with...</li> <li>2. Rotate fluently from front support to back support, and then continue rotating with fluency with...</li> </ol>	<ul style="list-style-type: none"> <li>● good posture (straight back).</li> <li>● balance held without strain.</li> <li>● control while rotating.</li> </ul>	<ul style="list-style-type: none"> <li>● Keep back straight and flat (front support)/tummy up (back support).</li> <li>● Keep hands in line with shoulders and legs straight and stretched out.</li> <li>● Rotate slowly and with control.</li> </ul>	<ul style="list-style-type: none"> <li>● fluently</li> <li>● rotating</li> <li>● contact</li> </ul>
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Skill progression

<ol style="list-style-type: none"> <li>1. Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back with...</li> <li>2. Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back with eyes closed with...</li> </ol>	<ul style="list-style-type: none"> <li>● good posture maintained.</li> <li>● balance held without strain.</li> <li>● control while transferring objects with eyes closed.</li> </ul>	<ul style="list-style-type: none"> <li>● Keep hands in line with shoulders, and back straight and flat.</li> <li>● Keep legs straight and stretched out.</li> <li>● Perform movements slowly and with control.</li> </ul>	<ul style="list-style-type: none"> <li>● 1 foot in contact</li> <li>● transferring</li> </ul>
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