### Year 6 - Gymnastics – Lesson 1 – Balancing

**Learning objective:**
(all) Understand where and how to balance on your partner safely
(most) to perform a controlled handstand safely
(some) To link a series of balances

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| **Tight Rope Walk** | Ask children to walk on lines in the hall (if no lines you can use throwdown lines, imaginary lines, benches, skipping ropes). You must stay balanced on the lines, give children 3 lives if the fall off or step off they lose a life. | 10 Minutes | Extend:  
- Ask children to create a pattern of moves they must repeat to travel along the line instead of walking e.g. 3 high knees steps, 3 jumps, 3 side steps and swap lines, repeat. |
| **Progress** | Add commands children must respond to e.g. freeze, jump, swap lines, reverse. | | |

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| **Introduction Task:** | **Partner & Counter-Balancing**  
Discuss - where to balance safely on your partner. You must always stand on weight baring areas, i.e. the shoulder and hips, never on back as there is nothing to support underneath. Explore different ways you can balance on your partner when they are in the table position.  
Demo the table balance, (one child on hands and knees. Other child on top of them.) | 15 Minutes | Support:  
- Provide counter-balance visual aids.  
Extend:  
- Work in a larger group (3/4)  
- Can you perform a group balance with 4 children? |
| **Progress** | Encourage creativity. Can you come up with your own partner balance where you are supporting each others weight? | | |
**Head Stand**
In pairs, children support each other in performing a controlled headstand.
Hands shoulder width apart, forehead placed in front of the hands to make a base triangle. Practice supported headstand in pairs, partner is kneeling and supporting the hips (see visual aids on support for teaching points and progressions)

**Progress –**
- Various ways to get into the headstand, getting progressively harder Tuck up to headstand
- Pike lift to headstand, engage the stomach muscles
- From straddle stand to headstand
- Pairs that are ready try individually

**Development**
Create a simple sequence including a mixture of partner balances and including your headstand (supported or unsupported).
*Refer to head stand visual aids on the website for key teaching points*

**Plenary**
- Refresh learning objectives
- Questions: What do you think you improved today? What bits of advice helped you improve? What advice would you give someone trying out a head stand for the first time?