



## Static Balance: Stance

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



**PROGRESSION OF SKILL**

**PROGRESSION OF KNOWLEDGE**

**PROGRESSION OF VOCABULARY**

**Declarative**

**Procedural**

**Key Vocabulary**

Skill progression

<p>1. Stand on line with good stance for 10 seconds with...</p>	<ul style="list-style-type: none"> <li>● both feet facing forwards.</li> <li>● feet still.</li> <li>● minimum wobble (control).</li> </ul>	<ul style="list-style-type: none"> <li>● Keep feet a shoulder width apart.</li> <li>● Keep balls of feet on the line.</li> <li>● Keep back straight and head up.</li> </ul>	<ul style="list-style-type: none"> <li>● stance</li> <li>● balance</li> <li>● ball</li> <li>● line</li> <li>● heel</li> </ul>
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<p>1. Stand on low beam with good stance for 10 seconds with...</p>	<ul style="list-style-type: none"> <li>● both feet facing forwards.</li> <li>● feet still.</li> <li>● minimum wobble (control).</li> </ul>	<ul style="list-style-type: none"> <li>● Keep feet a shoulder width apart and knees bent.</li> <li>● Keep weight on balls of feet.</li> <li>● Keep back straight, head up and look forward.</li> </ul>	<ul style="list-style-type: none"> <li>● low beam</li> <li>● stand</li> </ul>
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**Expected - End of Key Stage 1**

<p><b>On a line/low beam:</b></p> <ol style="list-style-type: none"> <li>1. Receive a small force from various angles with...</li> <li>2. Raise alternate feet 5 times with...</li> <li>3. Raise alternate knees 5 times with...</li> <li>4. Catch ball at chest height and throw it back with...</li> </ol>	<ul style="list-style-type: none"> <li>● both feet facing forwards.</li> <li>● balance maintained throughout.</li> <li>● minimum wobble (control).</li> </ul>	<ul style="list-style-type: none"> <li>● Keep feet a shoulder width apart and knees bent.</li> <li>● Keep weight on balls of feet.</li> <li>● Keep back straight, head up and look forward at a focus point.</li> </ul>	<ul style="list-style-type: none"> <li>● maintain</li> <li>● angles</li> <li>● force</li> <li>● raising</li> </ul>
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**Expected - end of lower Key Stage 2**

<p><b>On a line/low beam:</b></p> <ol style="list-style-type: none"> <li>1. Raise alternate knees to opposite elbow 5 times with...</li> <li>2. Catch large ball thrown at knee height and above head with...</li> <li>3. Catch large ball thrown away from body with...</li> <li>4. Catch small ball thrown close to and away from body with...</li> </ol>	<ul style="list-style-type: none"> <li>● balance maintained throughout.</li> <li>● minimum wobble (control).</li> <li>● good posture (head up/back straight).</li> </ul>	<ul style="list-style-type: none"> <li>● Keep feet a shoulder width apart and bend knees.</li> <li>● Keep head up looking forward.</li> <li>● Use smooth, controlled movements by twisting body to catch the ball.</li> </ul>	<ul style="list-style-type: none"> <li>● opposite</li> <li>● thrown</li> <li>● knee height</li> <li>● posture</li> </ul>
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**Expected - end of upper Key Stage 2**

<p><b>On a line/low beam:</b></p> <ol style="list-style-type: none"> <li>1. Throw and catch 2 small balls alternately, using both hands, both close to and away from body with...</li> <li>2. Strike small ball back to a partner with a racket with...</li> <li>3. Strike a small ball back to a partner from across body with a racket with...</li> </ol>	<ul style="list-style-type: none"> <li>● balance maintained throughout.</li> <li>● minimum wobble (maintaining control of body).</li> <li>● good posture (head up/back straight).</li> </ul>	<ul style="list-style-type: none"> <li>● Keep feet a shoulder width apart and bend knees.</li> <li>● Keep head up looking forward.</li> <li>● Bend knees and maintain a 'ready' position.</li> </ul>	<ul style="list-style-type: none"> <li>● alternately</li> <li>● racket</li> <li>● partner</li> <li>● across body</li> </ul>
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Skill progression

<p><b>On a line/low beam:</b></p> <ol style="list-style-type: none"> <li>1. Throw and catch small ball, catching across body with either hand with...</li> <li>2. Throw and catch 2 balls alternately, catching across body with either hand with...</li> <li>3. Volley large ball back to a partner with either foot with...</li> </ol>	<ul style="list-style-type: none"> <li>● balance maintained throughout.</li> <li>● minimum wobble (control).</li> <li>● good posture (head up/back straight).</li> </ul>	<ul style="list-style-type: none"> <li>● Always try to keep centre of gravity over base of support.</li> <li>● Hold and adjust position when you have received or hit the ball.</li> <li>● Lower centre of gravity and widen base of support.</li> </ul>	<ul style="list-style-type: none"> <li>● either hand</li> <li>● gravity</li> <li>● volley</li> <li>● widen</li> </ul>
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