



# Waterbeach Community Primary School

## Curriculum Capture for Year EYFS

### Physical Development: Balanceability

Key Knowledge	
<p><b>What is balance?</b></p> <p><b>Balance</b> is the ability to maintain control of a particular body position whilst performing a given task with minimal postural sway. This could be achieved simply by sitting at a table, standing on one leg or riding a bike. Maintaining control of body positioning requires good static and dynamic balance, reducing the energy required to perform a host of tasks and activities whilst minimising fatigue.</p>	<p><b>What is spatial awareness?</b></p> <p><b>Spatial awareness</b> is knowing where your body is in space in relation to objects or other people.</p> <ul style="list-style-type: none"> <li>To have good spatial awareness you also need to understand and respond to a change in position from these objects.</li> <li>This is a complex skill that we can develop from an early age.</li> <li>You can develop spatial awareness as you learn to ride the bikes safely, with control around others and around obstacles</li> <li>You can also take part in 'warm up' activities such as running around other people, without touching one another, to develop spatial awareness</li> </ul>
<p><b>What is static balance?</b></p>	
<p><b>Static balance</b> is the ability to maintain control of a position whilst remaining stationary - for example, balancing on one leg or holding a headstand.</p>	
<p><b>What is dynamic balance?</b></p>	<p><b>What is a balance bike and how do I use it?</b></p> <ul style="list-style-type: none"> <li>A balance bike is like a normal bicycle but without the pedals.</li> <li>It has a saddle, handlebars, brakes and 2 wheels.</li> <li>When riding a balance bike, you must wear a helmet to protect your head.</li> <li>When riding a balance bike, you use your feet to push yourself forward, you then lift your feet off the floor to glide and use your feet or your brakes to stop safely.</li> </ul>
<p><b>Dynamic balance</b> is the ability to maintain balance and control of the body whilst moving, such as hopping, jumping, riding a bike or snowboarding.</p>	
<p><b>What is dynamic Balanceability?</b></p> <p>Balanceability is an afPE Approved Learn to Cycle programme. Find out more by clicking this link: <a href="https://www.balanceability.com/">https://www.balanceability.com/</a></p>	

Vocabulary	
balance	helmet
bike	pedal
glide	saddle
brakes	mount/dismount
wheel	handlebars



Key Skills	
Develop <b>static</b> balance	Develop <b>dynamic</b> balance
Move our bodies in a range of ways	Ask for help when needed
Manoeuvre a bike independently	Mount and dismount a bike
Understand a need for safety when riding a bike	Stop safely using brakes and feet
Follow instructions to reduce risk	Manage own risk
Develop gross motor skills	Develop fine motor skills
Develop spatial awareness skills	Develop coordination