



Name: _____

Year Group: _____

Beginning 3:

- Perform some gymnastic actions with control and accuracy.
- Repeat short sequences of movement that include 'unlike' action.
- Show some contrast in shape and use of direction.
- Work safely on the floor and apparatus.
- Follow warm up activities carefully and recognise which parts of the body are working hardest.
- Describe what others have done, using gymnastic language.
- With help, comment on the quality of performance.

Within 3:

- Use a greater number of their own ideas for movements in response to a task.
- Choose and plan sequences of contrasting actions.
- Adapt sequences to suit different types of apparatus and their partner's ability.
- Explain how strength and suppleness affect performance.
- Identify some muscle groups used in gymnastic activities.
- Compare and contrast gymnastic sequences, commenting on similarities and differences.
- With help, recognise how performances could be improved.

Secure 3/Exceeding:

- Work on longer sequences.
- Show control, consistency and accuracy of movement.
- Include changes in level, direction and speed in their sequences.
- Adapt short sequences so that a partner or small group can perform them.
- Recognise how strength and suppleness affect the quality of performance.
- Suggest warm up activities.
- Identify similarities and differences between performances.
- Suggest some ways a performance could be improved.

Notes:

Working at/date assessed: