



Name: \_\_\_\_\_

Year Group: \_\_\_\_\_

**Beginning 4:**

- Perform a range of basic actions and use them to put together a short sequence.
- Remember and repeat short sequences with some changes in level, direction or speed.
- Say why it is important to warm up.
- Carry out warm up exercises carefully.
- With help, describe similarities and differences in other's performances.

**Within 4:**

- Perform actions, balances, body shapes and agilities with control.
- Plan, perform and repeat longer sequences that include changes of speed and level, clear shapes and quality of movement.
- Adapt their own movements to include a partner in a sequence.
- Understand that strength and suppleness can be improved.
- Lead a partner through short warm up routines.
- Recognise criteria that lead to improvement eg, changing speed.
- Watch, describe and suggest possible improvements to other's performances.
- Suggest improvements to their own performance.

**Secure 4/Exceeding:**

- Perform longer, more complex sequences, including more difficult gymnastic agilities and imaginative combinations of actions.
- Choose, practise and refine sequences on their own.
- Say when movements are performed well.
- Demonstrate exercises that strengthen major muscle groups.
- Say which joint or joints are affected by specific stretches.
- Suggest a number of ways that a sequence could be improved, and choose one of these as a focus for improvement.
- Take the lead when working in a small group.
- Adapt actions to include group members.

Notes:

Working at/date assessed: