

# GYMNASTICS

You must be able to complete all of the points in the box to complete that specific level

LEVEL	A	B	C
3	<ul style="list-style-type: none"> <li>I can perform 2 different rolls</li> <li>I can perform a balance with good body tension</li> <li>I can link travelling movements together to make a sequence, showing control</li> <li>I know at least 3 different ways of travelling in gymnastics</li> <li>I know the differences between 1,2,3 point balances</li> </ul>	<ul style="list-style-type: none"> <li>I can work with a partner to solve a gymnastic problem</li> <li>I can show a start and finish position during a sequence</li> <li>I can travel without running or walking</li> <li>I know what body tension is</li> <li>I can copy a simple balance</li> <li>I know why my performance should look good</li> </ul>	<ul style="list-style-type: none"> <li>I can take part in a warm up.</li> <li>I can play as part of a team</li> <li>I can perform a simple balance</li> <li>I can follow a partner, travelling around a space</li> <li>I know 2 safety points when doing gymnastics</li> </ul>
4	<ul style="list-style-type: none"> <li>I can explain to a partner what makes a balance a balance</li> <li>I can plan and perform a sequence of travelling and balancing showing unison and cannon</li> <li>I can observe a gym performance and describe 2 strengths and areas to improve using a task sheet to help</li> <li>I can plan to include gymnastic apparatus in my performance</li> </ul>	<ul style="list-style-type: none"> <li>I can work with a small group to plan and perform 3 different balances with all involved</li> <li>I can lead a partner in a gymnastic performance</li> <li>I can observe a gym performance and outline 2 strengths and an area to improve</li> <li>I can show and understand levels and direction in a performance to a partner</li> <li>I can safely support others in gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>I know how to show cannon and unison in a sequence</li> <li>I can perform 3 different partner balances</li> <li>I can use low level apparatus during a gymnastic performance</li> <li>I can plan and perform a sequence that has at least 4 different travelling movements and 3 balances</li> <li>I am confident to take off on a spring board or trampette</li> </ul>
5	<ul style="list-style-type: none"> <li>I can travel over large apparatus with control when landing</li> <li>I can perform a dive forward roll showing control off the trampette or springboard</li> <li>I can observe a partner performing a movement in flight and explain 2 strengths and 1 area to improve</li> <li>I can perform a semi rotation movement when in flight</li> </ul>	<ul style="list-style-type: none"> <li>I can travel onto large apparatus with control</li> <li>I can spot a partner safely by supporting them during flight activities</li> <li>I can perform a shape during flight showing good body tension</li> <li>I can perform 3 different vaults over apparatus</li> <li>I can comment on another pupils technique when they are performing flight</li> <li>I understand why flexibility is important in gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>I can evaluate my own performance outlining 2 strengths and an area for improvement using a task sheet to help</li> <li>I can create a gymnastic specific warm up</li> <li>I can plan and perform a sequence showing changes of speed, levels, cannon and unison</li> <li>I can perform a shape during flight in the air</li> <li>I understand the safety rules associated with apparatus</li> </ul>
6	<ul style="list-style-type: none"> <li>I know how to increase the difficulty of a gymnastic movement or performance</li> <li>I can perform a rotation flight movement such as a somersault showing control</li> </ul>	<ul style="list-style-type: none"> <li>I can explain the differences between movements including the level of difficulty</li> <li>I understand and can explain the components of fitness that are important to gymnastics and why</li> <li>I can perform a complex vault such as a head spring showing body tension and control</li> </ul>	<ul style="list-style-type: none"> <li>I can observe a pupil performing and outline their strengths and areas to improve, giving a recommendation on how they can make it better</li> <li>I can perform a complex flight movement showing control and body tension</li> <li>I can lead a small group in planning and performing a complex sequence</li> </ul>
7	<ul style="list-style-type: none"> <li>I can lead the whole group in a warm-up and cool down</li> <li>I can devise a performance/sequence for other pupils which is suitable to their ability</li> </ul>	<ul style="list-style-type: none"> <li>I can officiate a gymnastic competition with some teacher support</li> </ul>	<ul style="list-style-type: none"> <li>I can set targets and devise a training drill to improve my areas of weakness</li> <li>I know how to change a performance to improve my own and another's performance</li> </ul>

PLT'S

self managers  
(perform at max levels)

creative thinkers  
(Outwit opponents)

Independent enquires  
(accurate replication)

reflective learners  
(identify/solve problems)

effective participants  
(exercise safely and Effectively)

team workers  
(communicating and exploring ideas)