

Gymnastics

<u>Acquiring</u>	<u>Working towards</u>	<u>On track</u>	<u>Advancing</u>	<u>Extending</u>
<ul style="list-style-type: none"> • I can perform a sequence with a basic jump, travels and rolls but struggle to show control & fluency in my movements. • I can watch another student and give them feedback on something they have done well. 	<ul style="list-style-type: none"> • I can perform a sequence with basic jumps, travels and rolls but find it difficult to show control within some of my movements. I can demonstrate simple individual and pair balances. • I can watch another student and give them feedback on two things they have done well. 	<ul style="list-style-type: none"> • I can perform a sequence with basic jumps, travels and rolls and control most of the movements. I can work with a partner and demonstrate several pair balances, being able to hold them for 3 seconds most of the time. • I can watch other students and give them feedback on something they have done well and something they need to do better. 	<ul style="list-style-type: none"> • I can perform a sequence with some advanced jumps, travels, rolls, balances and gymnastics skills. I can show fluency in my movements and show control when performing my skills almost all the time. • I can work with a partner/group and create a sequence with balances that are controlled and held for 3 seconds. • I can watch other students and give them feedback on some of their strengths and areas for improvement. 	<ul style="list-style-type: none"> • I can perform an advanced sequence demonstrating complex gymnastics skills with control, body tension and fluency throughout the routine. • I can work with a partner/group and play a key role in creating an interesting sequence with controlled, complex balances. • I can watch other students and give them detailed feedback on many of their strengths and areas for improvement. I can give them ideas on how they can improve.