



GYMNASTICS



LEVEL 3

- I can select and use actions appropriately, applying them with control and coordination.
- I am able to show an understanding of composition when putting together basic moves.
- I can give reasons why warming up before gymnastics is important.
- I can see how my work is similar to and different from others', and use this understanding to improve my own performance.
- I am able to take the lead in pairs and small groups when carrying out a simple routine.

LEVEL 4

- I can link ideas and apply them accurately and appropriately. When performing I show control and fluency.
- I show that I understand composition.
- I can explain and apply basic safety principles when preparing for gymnastics.
- I am able to compare and comment on ideas used in my own and others' work, and use this understanding to improve my performance.
- I can work with others to plan and lead simple routines.

LEVEL 5

- I can select and combine ideas and apply them accurately and appropriately in different gymnastics activities. When performing in gymnastics I consistently show control and fluency.
- I can draw on what I know about composition to produce effective outcomes.
- I can explain how the body reacts during gymnastics.
- I can analyse and comment on ideas and how these are applied in their own and others' work.
- I am able to plan, organise and lead a gymnastics activity safely, helping others to improve their performance.

LEVEL 6

- I can select and combine ideas and use them in a widening range of gymnastic contexts, performing with consistent precision and fluency.
- My routines are imaginative and entertain audiences.
- I understand how the different components of fitness affect gymnastics.
- I can analyse and comment on how ideas have been used in my own and others' work, and on compositional aspects of performance.
- I am able to describe my involvement in regular, safe physical activity for the benefit of their health and wellbeing. When leading activities, I apply basic compositional ideas consistently.

LEVEL 7

- I can select and combine advanced gymnastic ideas, adapting them accurately and appropriately to meet the demands of increasingly complex routines.
- I can apply the principles of compositional ideas in my own and others' work.
- I can explain the principles of practice and training, and apply them effectively to gymnastics.
- I can analyse and comment on my own and others' work, showing that I understand how composition and fitness relate to the quality of the performance. I can plan ways to improve.
- I am able to take on different roles within gymnastics, showing an ability to organize and communicate effectively.

LEVEL 8

- I can consistently distinguish between and apply advanced ideas, always showing high standards of precision, fluency and originality.
- Drawing on what I know of the principles of advanced composition, I apply them with proficiency, flair and originality in my own and others' work.
- I use my knowledge of health, fitness and social wellbeing to plan and evaluate my own and others' exercise and physical activity programmes.
- I can critically evaluate and monitor my own and others' performance showing that I understand the impact of composition and choreography. I know what could be improved, and act to bring about the improvements.
- I can take on different roles within gymnastics and plan pathways into performance, leadership, coaching or choreography based on my choices and preferences.

EXCEPTIONAL PERFORMANCE

- I can consistently use advanced ideas with precision, fluency and originality.
- Drawing on what I know of the principles of advanced composition, I consistently apply these principles with originality, proficiency and flair in my own and others' work.
- I can consistently apply appropriate knowledge and understanding of health and fitness in all aspects of my work.
- I can critically analyse and judge their own and others' work, showing that I understand how composition and fitness relate to and affect the quality and originality of performance in gymnastics. I am able to reach judgements independently about how my own and others' performance could be improved, prioritizing aspects for further development.
- I understand the contribution physical activity makes to their physical, mental and social wellbeing and participate regularly in gymnastics both in and out of school for the benefit of my health and wellbeing.