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| **Gymnastics** | **Acquiring and Developing Skills** | **Evaluating and Improving** | **Health and Fitness** |
| * Do they combine their own work with that of others? * Can they link their sequences to specific timings? | * Do they apply their skills, techniques and ideas consistently? * Do they show precision, control and fluency? | * Can they analyse and explain why they have used specific skills or techniques? * Can they modify use of skills or techniques to improve their work? * Can they create their own success criteria for evaluating? | * Can they explain how the body reacts to different kinds of exercise? * Can they choose appropriate warm ups and cool downs? * Can they explain why we need regular and safe exercise? |