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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?
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