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| **Gymnastics** | **Acquiring and Developing Skills** | **Evaluating and Improving** | **Health and Fitness** |
| * Can they make their body tense, relaxed, curled and stretched? * Can they control their body when travelling? * Can they control their body when balancing? * Can they copy sequences and repeat them? * Can they roll in different ways? * Can they travel in different ways? * Can they balance in different ways? * Can they climb safely? * Can they stretch in different ways? * Can they curl in different ways? | * Can they copy actions? * Can they repeat actions and skills? * Can they move with control and care? | * Can they talk about what they have done? * Can they describe what other people did? | * Can they describe how their body feels before, during and after an activity? |