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| **Gymnastics** | **Acquiring and Developing Skills** | **Evaluating and Improving** | **Health and Fitness** |
| * Can they plan and show a sequence of movements?
* Can they use contrast in their sequences?
* Are their movements controlled?
* Can they think of more than one way to create a sequence which follows a set of ‘rules’?
* Can they work on their own and with a partner to create a sequence?
 | * Can they copy and remember actions?
* Can they repeat and explore actions with control and coordination?
 | * Can they talk about what is different between what they did and what someone else did?
* Can they say how they could improve?
 | * Can they show how to exercise safely?
* Can they describe how their body feels during different activities?
* Can they explain what their body needs to keep healthy?
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| **Learning Objectives** | **Activities** | **Learning Outcomes and AFL** |
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