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| **Gymnastics** | **Acquiring and Developing Skills** | **Evaluating and Improving** | **Health and Fitness** |
| * Can they use a greater number of their own ideas for movement in response to a task? * Can they adapt sequences to suit different types of apparatus and their partner’s ability? * Can they explain how strength and suppleness affect performances? * Can they compare and contrast gymnastic sequences, commenting on similarities and differences? | * Can they select and use the most appropriate skills, actions or ideas? * Can they move and use actions with co-ordination and control? | * Can they explain how their work is similar and different from that of others? * With help, do they recognise how performances could be improved? | * Can they explain why it is important to warm-up and cool-down? * Can they identify some muscle groups used in gymnastic activities? |