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| **Gymnastics** | **Acquiring and Developing Skills** | **Evaluating and Improving** | **Health and Fitness** |
| * Can they make complex or extended sequences? * Can they combine action, balance and shape? * Can they perform consistently to different audiences? * Are their movements accurate, clear and consistent? | * Can they link skills, techniques and ideas and apply them accurately and appropriately? * Do they show good control in their movements? | * Can they compare and comment on skills, techniques and ideas that they and others have used? * Can they use their observations to improve their work? | * Can they explain some important safety principles when preparing for exercise? * Can they explain what effect exercise has on their body? * Can they explain why exercise is important? |