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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? |