

## Gymnastics Assessment

<b>Y1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
I can show control and coordination when travelling and staying still, being aware of space	I can show contrasts in speed (quick / slow) when moving on and between apparatus	I am able to transfer weight from one point to another	I can perform actions, balances, body shapes and agilities with control	I can create complex sequences that include changes of direction, level and speed	I can link actions and balances together so that they flow, using different compositional ideas (points of contact, inversions)
I can perform simple jumps landing safely	I know how to control my body when balancing and can hold one for at least 5 seconds.	I can perform simple jumps with coordination, control and variety (from height)	I can plan, perform and repeat sequences that include changes of speed and level, with clear shapes and quality of movement	I can use a range of apparatus in my sequences (beam, table top, springboard, bench) moving from floor to apparatus smoothly.	I can adapt and refine actions and balances so that they can be performed in a high quality sequence (eg vault)
I can describe and remember simple sequences and repeat them (1-2 movements)	I can copy and repeat simple sequences or actions (3-4 movements)	I can choose and use appropriate apparatus as part of my routine	I can work with a partner to demonstrate counter-balances	I can mirror another's performance	I can combine my movements to work with a partner on a joint sequence
I use appropriate words like rolling, travelling, balancing and climbing	I can make my body feel tense, relaxed, stretched and curled	I can adapt my movements to include a partner in a sequence	I can understand that strength and suppleness can be improved	I know how to improve my performance and can act on advice	I can use criteria to judge the quality of actions, compositions and sequences, picking out the main strengths and using appropriate language for improvements
				I can say why gymnastics activities are good for health, fitness and well-being (flexibility, suppleness strength)	I know how to challenge myself and can improve my work