

Gymnastics

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can copy and explore basic actions with some control and co-ordination	I can copy, remember, explore and repeat simple moves	I can copy, remember, explore and repeat different moves	I can perform basic skills with precision, control and fluency	I can begin to develop my move vocabulary, following skill break down with control	I can learn higher level moves and link them into a routine with consistency
I can use space appropriately and have begun to choose and link basic actions	I can link moves together to create a short routine	I can apply creative ideas to routines alone and with others	I can create and perform routines featuring different moves with control and coordination	I can design and perform routines with a variety of moves, applying formation and routine effects	I can design and perform routines with innovation and a wide range of moves that use the space creatively
I can perform basic skills on apparatus	I can begin to explore and perform different skills on equipment	I can perform set moves and design routines on equipment	I can show control and technique when performing moves and routines on apparatus	I can perform and link different skills with accuracy and technique on apparatus	I can attempt higher level moves on apparatus, following the skill break down with control
I can watch and discuss my own work and that of my peers	I can comment on the difference between my own and others performances	I can describe my own and others work noting similarities and differences. I can make suggestions for improvements	I can describe how to refine, improve and modify performances	I can analyse skills and suggest ways for both myself and others to improve	I can act as a coach both to myself and my peers when analysing moves and routines
I can safely perform teacher led warm-ups and I am aware of others	I can say why we need to warm up and cool down and what happens to our body during exercise	I can understand working safely & recognise changes in my body. I can explain why PE is good for health	I can demonstrate specific aspects of warm ups and describe effects of exercise on the body	I can lead aspects of a warm up safely and with confidence	I can lead a whole warm up with a pulse raiser and gymnastic specific stretches



Knowledge



Spark



Humanity



Grit



Team