



Physical Education: Gymnastics

Aspect	End of Yr 1	End of Yr 2	End of Yr 3	End of Yr 4	End of Yr 5	End of Yr 6
<b>Acquiring &amp; Developing Skills</b>	Explore & perform gymnastics actions, eg. pencil/straight, tuck, star, arch & still shapes.	Remember, repeat & link a gymnastic actions, shapes & balances with control.	Consolidate & improve gymnastic actions, shapes & balances, & their ability to link movements.	Develop the range of actions, shapes & balances in their performances.	Perform actions, shapes & balances to a high standard.	Combine & perform actions, shapes & balances fluently, ensuring actions are accurate & consistent.
<b>Selecting &amp; Applying Skills</b>	Move confidently & safely in their own & general space, using change of speed & direction.	Choose, use & vary simple compositional ideas in a sequence & perform.	Improve ability to select appropriate actions & use simple compositional ideas.	Perform skills & actions more accurately.	Adapt compositions to new situations & extend sequences.	Combine sequences with partner's or small group's.
<b>Evaluating &amp; Improving Performance</b>	Copy movement phrases with beginnings, middles & ends.	Work with partner to create a simple sequence.	Adapt sequences to suit different apparatus.	Create sequences that follow a criteria, theme or music.	Choose & use information to evaluate own & others' work.	Develop a sequence by choosing a range of compositional principles.
<b>Knowledge &amp; Understanding of Fitness &amp; Health</b>	Perform movement phrases using range of body parts & actions.	Improve work using feedback & from what they have observed.	Work with partner to create a sequence introducing matching & mirroring a partner.	Use compositional devices when creating sequences, eg. change in speed, level, direction.	Adapt sequences to suit different audiences.	Set sequences to timings, individually, with partner or in a group.