

Gymnastics	Pupil friendly objectives
Taught Years 1-6	<ul style="list-style-type: none"> • I can remember and repeat actions and shapes. (G1) • I can make my body tense, relaxed, stretched and curled. (G2) • I can show an awareness of space when travelling. (G3) • I can link simple actions together. (G4) • I can use apparatus safely. (G5) • I can plan and repeat simple sequences of actions. (G1) • I can use shapes when performing other skills. (G2) • I can use directions and levels to make my work look interesting. (G3) • I can perform the basic gymnastic actions with some control and balance. (G4) • I use a greater number of my own ideas for movements in response to a task. (G1) • I can choose and plan sequences of contrasting actions. (G2) • I complete actions with increasing balance and control. (G3) • I can move in unison with a partner. (G4) • I can choose actions that flow well into one another. (G5) • I can adapt sequences to suit different types of apparatus. (G6) • With help, I can recognise how performances could be improved. (G7) • I can safely perform balances individually and with a partner. (G1) • I can plan and perform sequences with a partner that include a change of level and shape. (G2) • I understand how body tension can improve the control and quality of my movements. (G3) • I can watch, describe and suggest possible improvements to others' performances and my own. (G5) • I can identify some muscle groups used in gymnastic activities. (G6) • I can create and perform sequences using apparatus, individually and with a partner. (G1) • I can use set criteria to make simple judgments about performances and suggest ways they could be improved. (G2) • I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance. (G3) • I can use strength and flexibility to improve the quality of a performance. (G4) • I understand what counter balance and counter tension is and can show examples with a partner. (G1) • I can combine and perform gymnastic actions, shapes and balances with control and fluency. (G2) • I can create and perform sequences taking using compositional devices to improve the quality. (G3) • I can suggest changes and use feedback to improve a sequence. (G4)

