

Attain Level 3

- you can** Use a limited range of movement patterns. **D/S**
- you can** Observe and copy basic travelling skills. **M/A**
- you can** Display confidence to have a go at an activity with low levels of speed, height and force. **P/M**
- you can** Suggest similarities and differences between your own and others' work. **E/I**
- you can** Prepare for exercise following a class warm up. **F/H**

Attain Level 4

- you can** Know the basic movement principles of canon, unison and mirror-matching, linking skills, techniques and ideas together. **D/S**
- you can** Show evidence of body tension, extension and control when performing basic moves and shapes. **D/S**
- you can** Prepare a sequence to be performed to an audience in pairs/small groups with changes of direction, level, speed, and shows precision, power and fluency. **M/A**
- you can** Comment on your own and others' work and give positive feedback. **E/I**
- you can** Warm up and cool down independently, understanding the importance of exercise. **F/H**

Attain Level 5

- you can** Select and combine ideas, demonstrating body control. Move into and out of individual actions, consistently showing precision, control and fluency. Link sequences effectively making use of people and apparatus. **M/A**
- you can** Modify and refine skills and techniques, adapting actions in response to changing circumstances, levels and apparatus. **M/A**
- you can** Identify and work on physical components which will allow you to perform with greater quality, precision, accuracy and techniques. **P/M**
- you can** Analyse and comment on your own and others' work, using feedback to improve your performance. **E/I**
- you can** Plan, organise and lead gymnastic and phrases activities which help the quality of your own and others' work. **F/H**
- you can** Explain how the body reacts during exercise and how it is essential to a healthy lifestyle. **F/H**

Attain Level Exceptional Performance

- you can** Consistently use advanced skills, techniques and ideas, always showing high standards of precision, control, fluency and originality. **D/S**
- you can** Consistently apply advanced strategies and composition with proficiency, flair and originality. **M/A**
- you can** Consistently use physical attributes to shine in a particular activity. Use motivational qualities to turn around your own performance and others'. **P/M**
- you can** Critically analyse and judge your own and others' performance, showing that you understand how the skills, strategy and fitness relate to and affect the quality and originality of performances and routines. **E/I**
- you can** Reach judgements independently about how your own and others' performance could be improved, prioritising aspects for further development. **E/I**
- you can** Consistently apply appropriate knowledge and understanding of health and fitness in all aspects of work. **F/H**
- you can** Participate regularly in physical activities and gymnastic exercises, both in and out of school so that you can thoroughly recognise and highlight the benefits to physical, mental and social well being.

Attain Level 6

- you can** Show evidence of a wider range of skills and ideas and perform sequences and phrases with consistent precision, control and fluency. **D/S**
- you can** Link phrases using imaginative ways solve to problems, overcome challenges and entertain audiences. **M/A**
- you can** When planning and carrying out work, draw on what you know about strategy and composition in response to changing circumstances. **M/A**
- you can** Analyse how skills, movements, phrases and ideas have been used in your own and others work, suggesting ways to improve them. **E/I**
- you can** Understand how the different components of fitness affect your gymnastic performance and explain how different types of exercise contribute to your fitness and health. **F/H**
- you can** Apply basic rules and conventions consistently when leading activities and practices. **F/H**

Attain Level 7

- you can** Select and combine advanced skills, techniques and ideas with excellent control during increasingly complex phrases / sequences or situations. **D/S**
- you can** Link advanced moves together displaying originality, imagination, variety and flair in your performances and actions of movements. **S/A**
- you can** Work in a group to devise and implement a preparation schedule for a display event. Make use of advanced compositional strategies and ideas. **M/A**
- you can** Plan ways to improve your own and others' performance and act on these decisions to bring about improvements. **E/I**
- you can** Explain the principles of training for gymnastics and apply them effectively, carrying out your own physical activity programme based on preferences, sequences, and actions of movements.
- you can** Take on different roles within a gymnastic activity, showing organisation and consistent application of rules, conventions, health and safety, and codes of conduct. **F/H**

Attain Level 8

- you can** Consistently distinguish between advanced skills, techniques and ideas always showing high standards of precision, control, fluency and originality. **D/S**
- you can** Apply advanced strategies together with proficiency, flair and originality in your own and others' phases. **M/A**
- you can** When adapting and responding to changing circumstances, maintain a high quality of performance. **M/A**
- you can** Critically evaluate your own and others' work, showing an understanding of strategy, composition and fitness on the quality of gymnastic performance. Use this information to plan and monitor ways of improvement, acting upon the decisions made. **E/I**
- you can** Use your knowledge of health, fitness and wellbeing to plan and evaluate your own and others' gymnastic programmes. **F/H**
- you can** Take on different roles, and plan pathways into performance, leadership or judging based on your preferences. **F/H**

