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| Unit / topic | Working towards the skills and knowledge needed | Acquiring the skills and knowledge needed | On track with the skills and knowledge needed | Advancing the skills and knowledge needed | Extending the skills and knowledge needed |
| 1. Gymnastics | I can perform a sequence with a basic jump, travels and rolls but struggle to show control & fluency in my movements.  I can watch another student and give them feedback on something they have done well. | I can perform a sequence with basic jumps, travels and rolls but find it difficult to show control within some of my movements. I can demonstrate simple individual and pair balances.  I can watch another student and give them feedback on two things they have done well. | I can perform a sequence with basic jumps, travels and rolls and control most of the movements. I can work with a partner and demonstrate a number of pair balances, being able to hold them for 3 seconds most of the time.  I can watch other students and give them feedback on something they have done well and something they need to do better. | I can perform a sequence with some advanced jumps, travels, rolls, balances and gymnastics skills. I can show fluency in my movements and show control when performing my skills almost all of the time.  I can work with a partner/group and create a sequence with balances that are controlled and held for 3 seconds.  I can watch other students and give them feedback on some of their strengths and areas for improvement. | I can perform an advanced sequence demonstrating complex gymnastics skills with control, body tension and fluency throughout the routine.  I can work with a partner/group and play a key role in creating an interesting sequence with controlled, complex balances.  I can watch other students and give them detailed feedback on many of their strengths and areas for improvement. I can give them ideas on how they can improve. |