

Progression in **Gymnastics Activities**
Year 4
Class:

Criteria: Select minimum of 1 from each colour band BUT 2 from Green		Names																			
1	Perform actions, balances, body shapes and agilities with Control .																				
2	Perform more difficult gymnastic Agilities demonstrating Technique																				
3	Perform with greater fluency, Linking sequences of movement																				
4	Include changes of speed & level .																				
5	Combine actions in more physically challenging ways																				
6	Lead a partner through short warm-up routines.																				
7	Collaborate & Adapt their own movements to include a partner.																				
8	Plan, perform, evaluate and repeat a sequence on a clear theme																				
9	Demonstrate both Matching & Mirroring to show difference																				
11	Choose, practise and refine sequences on their own.																				
12	Suggest improvements to their own performance.																				
13	Can use simple choreographic techniques e.g. Canon, Unison																				
14	Can name and show simple Bone / Muscle groups anatomic position																				
15	Say which joints are affected by specific stretches.																				
16	Understand that Strength and Flexibility can be improved.																				

Supporting NC PE 2014	Developing Competence & Skills.	Understanding & Applying.	Evaluating and Improving Performance.	Knowledge and Understanding of Fitness and Health.
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Key: + if **Exceeding** beyond the basic framework, ✓ if **Established** and **E** if **Emerging** towards the criteria – Use & reference 'When Considering Pupils Progress in Gymnastics Resource