

Year 3 Gymnastics Core Task Balancing Act

Assessment and Pupil Progress

Balance on one foot

Balance on 2 and 3 small body parts

Travel on 4 points with control

Create a sequence of travel and balance

Perform different rolling actions including: pencil roll, teddy bear roll and egg roll

Perform a forward roll

Perform straight and star jumps

Perform a tuck jump

Create a sequence of six actions (using travelling, rolling, jumping and balancing on small body parts with a change of direction and speed)

Suggest how their performance and their partner's performance could be improved

Use the apparatus to perform travelling and balancing on small body parts.

Year 4 Gymnastics Core Task Partner Work

Assessment and Pupil Progress

Turn while travelling on hands and feet

Perform front and back support

Balance on left foot

Balance on right foot

Balance in a dish shape

Balance in an arch shape

Perform a stretch jump and turn ($\frac{1}{4}$ or $\frac{1}{2}$)

Perform rolling actions pencil roll, egg roll, teddy, bear roll

Perform forward roll

Attempt shoulder stand and arabesque

Create a simple sequence of six moves (one balance, one roll, one jump and three others)

Perform created routine in a competition

Combine and perform a sequence with that of a partner

Make simple judgements about the quality of their performance

Year 5 Gymnastics Core Task Acrobatic Gymnast

Assessment and Pupil Progress

Perform matched and mirrored shapes with a partner

Perform a counter balance with a partner

Perform a counter tension balance with a partner

Create a simple sequence of travel, jump, roll, and partner counter balances with fluency and control

Perform counter balances with a partner using apparatus

Create a sequence with a partner of 8 elements including counter balance and counter tension balances.

Identify which sequences were performed with fluency, accuracy and consistency

Year 6 Gymnastics Core Task Group Dynamics

Assessment and Pupil Progress

Perform matched and mirrored shapes with a partner

Perform a counter balance with a partner

Perform a counter tension balance with a partner

Perform a group balance

Perform a group balance using apparatus

Create a sequence with a group of 8 elements including a group balance and paired balances.

Adapt group sequence of 8 elements to apparatus

Work as part of a team to design an apparatus layout for group sequence

Identify which sequences were performed with fluency, accuracy and consistency