

Year 3/4

Class:....



Names																							
Can support weight on different body parts.																							
Can demonstrate the five basic jumps																							
Perform actions, balances, body shapes and agilities with control.																							
Perform more difficult gymnastic agilities.																							
Perform with greater fluency.																							
Combine actions in an imaginative way.																							
Can adapt work from floor to suit different types of apparatus.																							
Can adapt sequences to suit their partner's ability																							
Chooses and plans sequences of contrasting actions																							
	Below are objectives that should be covered in every lesson.																						
Choose, practise and refine sequences on their own.																							
Suggest possible improvements to others' and own performances.																							
Understand that strength and suppleness can be improved.																							
Knows why to warm up/ cool down, can suggest some simple warm-up activities																							

KeyW if working towards the criteria✓ if achieved

- + if extended beyond the basic framework