

Reepham High School and College PE Can Do Gymnastics Ladder

	AO1 Recall, select and communicate knowledge and understanding of gymnastics.	AO2 Apply skills, knowledge and understanding in gymnastics.	AO3 Analyse and evaluate performances and identify actions for improvement in gymnastics.
	<p>Isolated skills: Basic agilities: rolls: forward (crouch and straddle); circle straddle roll; dive forward roll</p> <ul style="list-style-type: none"> • rolls: backward into crouch or straddle • balances: shoulder, knee and elbow, (crouch balance) • headstand, handstand • cartwheel, round off <p>Advanced agilities:</p> <ul style="list-style-type: none"> • roll: forward into straight leg pike • handspring • headspring • somersault front and back • flic flac • backward roll to handstand, handstand to forward roll • walkover forward/backward • any other agility the gymnast can perform. 	<p>Techniques and decision making under pressure during practices and competitive situations: Apparatus:</p> <ul style="list-style-type: none"> • Boys and girls should perform a routine on their chosen piece of apparatus of 60–90 seconds duration • Boys can choose one of the following: pommel horse, rings, high bar, parallel bars, or vault • Girls can choose one of the following: balance beam, asymmetric bars, or vault. <p>Floor routine: Boys: a sequence to last 60 seconds and comprising any number/combinations of agilities listed above, with linking movements. Girls: a sequence to music lasting 60 to 90 seconds and comprising any number of agilities listed above.</p>	
9 8	<p>Extensive knowledge and understanding of Gymnastics. Comprehensive understanding of the principles of safe exercise and its impact on health and performance.</p>	<p>Application of an extensive range of skills and techniques with great refinement, precision, control and fluency. Demonstration of the ability to link a vast amount of skills.</p>	<p>Excellent ability to critically analyse and evaluate your own and others' performances. Excellent ability to identify priorities for improvement and plan progressive practices.</p>
7+ 7-	<p>Detailed knowledge and understanding of Gymnastics. Thorough understanding of the principles of safe exercise and its impact on health and performance.</p>	<p>Application of a wide range of skills and techniques with refinement, precision, control and fluency. Demonstration of the ability to link a wide range of skills.</p>	<p>Detailed ability to critically analyse and evaluate your own and others' performances. Detailed ability to identify priorities for improvement and plan fairly progressive practices.</p>
6 5	<p>Good knowledge and understanding of Gymnastics. Good understanding of the principles of safe exercise and its impact on health and performance.</p>	<p>Application of a good variety of skills and techniques with refinement, precision, control and fluency. Demonstration of the ability to link a good variety of skills.</p>	<p>Good ability to critically analyse and evaluate your own and others' performances. Good ability to identify priorities for improvement and plan practices.</p>
4+ 4-	<p>Sound knowledge and understanding of Gymnastics. Sound understanding of the principles of safe exercise and its impact on health and performance.</p>	<p>Application of a sound range of skills and techniques with precision, Control and fluency. Demonstration of the ability to link a sound range of skills.</p>	<p>Sound ability to analyse and evaluate your own and others' performances. Sound ability to identify priorities for improvement and plan practices.</p>
3+	<p>Some knowledge and understanding of Gymnastics. Some understanding of the principles of safe exercise and</p>	<p>Application of some skills and techniques with some control. Demonstration of the ability to link some skills.</p>	<p>Some ability to analyse and evaluate your own and others' performances. Some ability to identify priorities for improvement and plan practices.</p>

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3-	its impact on health and performance.		6
2+ 2-	Can remember and communicate some knowledge and understanding of Gymnastics and of the principles of safe exercise and its impact on health and performance.	Application of a small range of skills. Demonstration of the ability to link a small range of skills.	5
1+ 1	Can communicate only the important things about Gymnastics and of the principles of safe exercise and its impact on health and performance.	Application of a very small range of skills. Demonstration of the ability to link a very small range of skills.	4
1 1-	Can communicate only the very basic things about Gymnastics and of the principles of safe exercise.	Demonstrate a very small amount of control and skills.	3
H+ H H-	<ul style="list-style-type: none"> • I can warm-up fairly effectively for a PE lesson. • I understand how to perform basic skills in Gymnastics. • I can spot if a basic skill is performed incorrectly and suggest one way to improve. • I understand basic performance principles and I'm beginning to apply them. 		
I+ I I-	<ul style="list-style-type: none"> • I can bounce under control and can perform a few basic skills. • I can use more than one sentence to describe the performance I have just seen. • I know how to stretch different parts of my body. • I understand very basic performance principles but don't always apply them. 		
J+ J J-	<ul style="list-style-type: none"> • I can bounce under control and can perform a couple of basic skills. • I use simple sentences to explain why I like or dislike a performance. • I can recognise one or two immediate signs of exercise. 		
K+ K K-	<ul style="list-style-type: none"> • I use simple sentences to explain why I liked a performance. • I can recognise one immediate sign of exercise. 		
L+ L L-	<ul style="list-style-type: none"> • I enjoy watching other people perform but I find it very difficult to explain why I have enjoyed it. • I am beginning to link simple skills together although this often goes wrong. • I can slowly get changed into my PE kit. 		
M+ M M-	<ul style="list-style-type: none"> • I have limited hand-eye/foot-eye co-ordination and basic skills take me many attempts to perform. • I often need support. • With support I can get changed into my PE kit. 		