

What Gymnastic Level am I?

Level 1	
I Can	Give a reason why a warm up is important for Gymnastics.
I Can	Identify safety points for Gymnastics.
I Can	Demonstrate few core skills.
I Can	Perform my core skills in isolated practices, with some control.
I Can	Identify a strength or weakness in a performance.

Level 2	
I Can	Demonstrate a suitable warm up for Gymnastics.
I Can	Describe the basic scoring systems for Gymnastics.
I Can	Demonstrate some core skills
I Can	Perform my core skills in a floor sequence, with some accuracy and control.
I Can	Justify a strength or weakness in a performance.

Level 3	
I Can	Plan a suitable warm up for Gymnastics.
I Can	Describe the technique of core skills.
I Can	Demonstrate many core skills.
I Can	Perform my core skills on apparatus , with some accuracy and control.
I Can	Describe how to improve a weakness.

Level 4	
I Can	Lead a safe and effective warm up for Gymnastics.
I Can	Judge a sequence using basic scoring systems.
I Can	Demonstrate most core skills and few advanced skills.
I Can	Perform my advanced skills in isolated practices with some control .
I Can	Evaluate the application of choreographic devices in a sequence.

Level 5	
I Can	Lead a warm up/ drill to develop specific skills.
I Can	Explain the choreographic devices used to choreograph a sequence.
I Can	Demonstrate some advanced skills.
I Can	Perform my core skills on apparatus , with good accuracy and control.
I Can	Evaluate the impact of choreographic devices within a sequence.

Level 6	
I Can	Lead a skill practice to stretch and challenge all.
I Can	Explain the technique of advanced skills.
I Can	Demonstrate many advanced skills
I Can	Perform my advanced skills in a floor sequence, with some accuracy and control.
I Can	Evaluate the application of advanced skills.

Level 7	
I Can	Lead a session using principles of training.
I Can	Accurately judge a sequence using scoring systems.
I Can	Demonstrate most advanced skills.
I Can	Perform my advanced skills in on apparatus games, with some accuracy and control.
I Can	Evaluate own and others' performance, suggesting relevant practices to improve weaknesses.

Level 8	
I Can	Adapt and progress sessions using principles of training.
I Can	Analyse choreographic devices used within a sequence.
I Can	Demonstrate all core skills and most advanced skills.
I Can	Perform my advanced skills in on apparatus , with good accuracy and control.
I Can	Critically evaluate performance and feedback to have a positive impact.

Assessment strands:

Leadership
Knowledge and understanding
Performance skills
Performance Analysis and Evaluation

2x I Can = Level –

3x I Can = Level

4x I Can = Level +

What Gymnastic Level am I?

SAFETY

- Bare feet (no socks)
- Hair up
- Jewellery off
- Carrying mats/equipment
- No somersaults (unless given teacher permission)
- Clear run ups
- Warm ups

KEY TERMS

- Difficulty
- Execution
- Body Tension (Strong)
- Posture (Straight)
- Extension (Stretched)
- Balance
- Flexibility
- Power
- Canon
- Unison
- Formations
- Levels
- Transitions
- Pathways
- Dynamics
- Aesthetics

CORE SKILLS

Rolls

- Forward and backward
- to straddle

Balances

- Using different types of the body

Cartwheels

Round offs

Jumps /leaps

Twists/pivots

Steps

Tumbling lines

Vaulting

- Squat and straddle - on/through

Run up

Flight on/off

ADVANCED SKILLS

Handspring

- Front
- Back

Rolls

- Dive
- To handstand

Walkover

Advanced group balances

Vaulting

- Handspring
- Handspring half turn on/off

EVALUATION KEY WORDS

EVALUATION TIME!

WHAT? - Identify a strength and weakness.

WHERE? - be specific, where did it happen in the performance/game/practice?

WHY - is it so good/need to improve?

HOW - could they improve it? Could you offer a demonstration? Can you suggest a practice or drill to help perfect technique?

DON'T FORGET TO USE OUR KEY WORDS!