

# GYMNASTICS

*(These expectations relate closely to Level 6 of the Attainment Target)*

**By the age of 14 years (end of year 9) most pupils will be able to:-**

- 1 Adapt, refine and perform a range of skills, actions and agilities in a specific gymnastic style showing precision, control and fluency.**
  - Perform a range of skills, agilities and movement phrases with precision, tension and extension in the chosen style; olympic, rhythmic, sports acrobatics, formal, informal etc.
  - Perform with confidence individually, in twos, threes or groups and show good control of their bodies.
  - Co-operate in groups, develop timing and the ability to be reliable supporters.
  - Thoroughly understand principles and safe practice involved in carrying, siting and using apparatus and design and erect their own apparatus.
  - Use a range of apparatus and equipment in a variety of ways.
- 2 Use their knowledge of compositional principles to create more complex sequences.**
  - Work imaginatively to move into and from more complex movement combinations involving twos, threes and small groups.
  - Combine group and individual skills to produce and perform fluent sequences both on the floor and on the apparatus taking into account both their own and their partners' strengths and weaknesses.
  - Refine, adapt and modify more complex small group skills and transfer them to apparatus retaining effective use of space and imaginative use of dynamics.
  - Understand how to use compositional principles to create a well-balanced sequence and adjust any imbalance.
- 3 Develop physical and mental capacity.**
  - Develop the physical strength, stamina, speed and flexibility to match the demands of the activity.
  - Demonstrate the mental determination to succeed.
- 4 Know the intentions and outcomes of planned sequences. Take the initiative to analyse their own and others' work and make decisions to improve it.**
  - Understand the task that has been set and devise and use criteria and checklists to analyse performance effectively.
  - Focus on the task and practise to improve, working collaboratively and sensitively to develop precision and quality.
  - Show an awareness of progression and know how to improve.
  - Identify strengths and weaknesses and take decisions about what to do to improve their own and others' work.
  - Give effective, sensitive and quality feedback to a partner or small group in order to improve performance.
- 5 Know how to prepare for and recover from gymnastics activities, understand the benefits of regular participation and develop positive attitudes towards exercise.**
  - Understand that warm-up activities will provide more oxygen to working muscles and that gentle, static stretching (no bouncing) will reduce the risk of injury.
  - Know the major groups of muscles and how to stretch them in preparation for gymnastic activity and be aware of the varying levels of fitness required for different gymnastic activities.
  - Devise their own warm-up and cool-down routines specific to their needs.