

Year 7 PE – Gymnastics/ Trampolining

Gymnastics/ Trampolining	Knowledge, Skills, Understanding
Higher	<p>Perform a range of basic skills with increasing control, style and body tension. Progress onto attempting some advanced skills Create and perform sequences/ routines with reasonable precision, control and style. Demonstrate smooth transitions between actions when performing a sequence/ routine. Analyse selected skills and suggest ways to improve the quality of performance. Make statements regarding their own/other's performance which suggests basic reasons behind strengths/weaknesses (i.e. why good or bad). Complete a personal warm-up which is activity-specific.</p>
Intermediate	<p>Perform a range of basic skills with limited style and body tension but more control. Develop longer and more varied movement sequences/ routines. Attempt to demonstrate transitions between actions when performing a sequence/ routine. Suggest ways to refine, improve and modify own and others performances. Make statements regarding their own/other's performance which highlight strengths and weaknesses. Demonstrate warm up activities. Suggest activities which are appropriate to warm-up and cool down and lead their own warm-up, but may not be activity-specific.</p>
Foundation	<p>Attempt basic skills with some body control. Link basic movements together to create a simple sequence/ routine. Perform short sequences/ routines but performance lacks flow and rhythm. Describe and comment on your own and others performances. Make simple suggestions to improve quality and performance. Participate in a warm up led by teacher/ peers. Demonstrates warm-up activities. Warm-up is less effective when completed individually.</p>

NB: 'can'= understanding, 'able to'=skills