



Year 7 Gymnastics

6 Lessons

Stage	Description
Emerging	<p>Be able to perform basic jumps and leaps on the floor with control</p> <p>Be able to perform basic rotations including log rolls and spins</p> <p>Be able to perform basic balances including arabesque and simple 3 and 4 point balances</p> <p>Be able to take weight on hands including front and back support</p> <p>Can create an individual/partner sequence of 4 or 5 moves using simple linking movements</p> <p>Are able to identify strengths and weaknesses in a performance</p>
Developing	<p>Be able to demonstrate simple flight onto and off of low apparatus (e.g. bench)</p> <p>Be able to perform rotations on floor and apparatus including forward roll and circle roll</p> <p>Be able to perform balances including shoulder stand, tucked head stand, counter balance and counter tension</p> <p>Be able to take weight on hands including bunny hops</p> <p>Can create an individual/partner sequence including variations of speed and levels</p> <p>Are able to describe why identified moves are strengths or weaknesses</p>
Secure	<p>Be able to demonstrate flight on floor and apparatus, including dive rolls, cat spring and neck spring</p> <p>Be able to perform a variety of rotations on floor and apparatus including Arab springs and backward circle up on bars</p> <p>Be able to perform partner/group balances, including taking some of partners' weight</p> <p>Be able to take weight on hands including a handstand or handstand to roll/crab</p> <p>Can create complex partner/group sequences on floor/apparatus including unison and canon</p> <p>Are able to suggest ways to improve performance (including things that may stop me improving)</p>
Excellence	<p>Be able to demonstrate advanced flight on floor including dive cartwheels and on apparatus including handsprings over the box</p> <p>Be able to perform a variety of rotations on floor and apparatus including walkovers and backward hip circles on bars</p> <p>Be able to perform complex partner/group balances including taking all of partners' weight</p> <p>Be able to take weight on hands including handsprings and back flips</p> <p>Can create complex sequences on floor and apparatus showing high level skills, fluency and flair.</p> <p>Are able to develop practices to maintain or improve performance</p>