

Cognitive Skills

Physical Competencies

Physical Fitness

Personal Qualities

12. Evaluate how your confidence & self esteem effected your performance

1. Remember situations from your performance which require balance and control

2. Apply a range of skills to show balance & control in this activity

3. Apply rhythm & timing to a range of movements

4. Create a sequence of exercises that demonstrate rhythm & timing

5. Understand how to move my body (Kinaesthetic Awareness) to create a range of movements

6. Evaluate the positive and negatives of Kinaesthetic Awareness

7. Understand when an aspect of physical fitness is needed and how to improve it

8. Analyse the impact an aspect of physical fitness has on your performance

11. Understand how confidence & self esteem can be demonstrated in your performance

10. Create your own movements which will enhance your performance

9. Apply your creativity within the activity

Safe
Healthy
Active
Nurtured
Achieving
Respected
Responsible
Included

OUR LEARNING ENVIRONMENT AND RESPONSIBILITIES THROUGH

GYMNASTICS



LITERACY – Listening and Talking:

Contribute and allow others to contribute in discussions
Using suitable vocabulary to communicate effectively
Show understanding of what I watch & listen to



NUMERACY – Fractions and Percentages:

Using performance analysis to identify strengths and areas of development
Use data to calculate my percentage of success