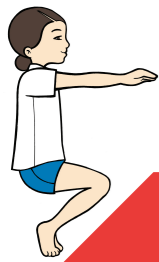


# End of Year 1 Attainment Target

## Pathway to Progression How far did you travel today? Year 1



How can you perform gymnastic shapes?

I can perform a shape

I can perform a shape with a strong body

I can perform a shape with a strong body and control



How can you perform a jump?

I can perform a jump and bend my knees when landing to be safe

I can perform a jump with a strong body

I can perform a jump with control and a strong body



How can you perform different rolls?

I can attempt to perform a Tuck rock and a Tuck roll

I can perform a Tuck rock and a Tuck Roll

I can perform a Tuck rock, Tuck roll and a Log roll with a strong body

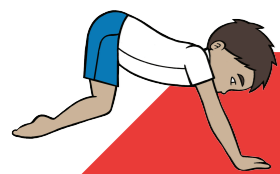


How can you balance on different parts of your body?

I can attempt to balance on different parts of my body

I can balance on different parts of my body, holding the balance for 3 seconds

I can balance on different parts of my body, while keeping my body strong and steady



How can you perform a bunny hop?

I can perform a static bunny hop

I can perform a bunny hop into a hoop, placing hands in first, then feet

I can perform a bunny hop across a mat, keeping my hands flat and my arms straight



How can you perform shapes, balances and jumps using various apparatus?

I can remember how to keep safe on apparatus

I can remember the different shapes, jumps and balances

I can link a shape, jump and balance together on apparatus

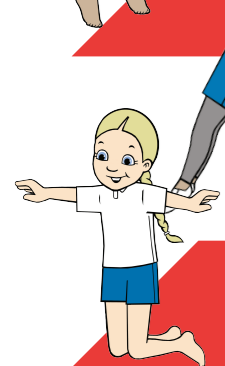


How can you co-operate with your team when using apparatus?

I can sometimes work as part of a team

I can co-operate with my team and I am safe

I can always co-operate, work as part of a team and encourage my teammates



I can remember how to keep myself safe

I can say what went well and what I enjoyed  
I can share ideas

I can give kind feedback to others  
I can listen and share ideas



I can notice changes in my body when I do exercise

I can feel the changes in my body when I exercise and know that it helps keep me healthy and happy

I can describe what happens to my body during exercise

