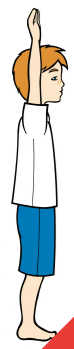


End of KS1  
Attainment Target

Pathway to Progression  
How far did you travel today?  
Year 2



How can you perform gymnastics shapes on apparatus?

I can perform a shape with a strong body and control	I can perform a shape when moving on apparatus with a strong body and control	I can perform a shape when moving on apparatus with a strong body, control and pointed toes
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How can you travel in different ways?

I can perform a travelling move	I can travel across the mat with control and body tension	I can perform jumps and travelling moves with good body tension and pointed toes
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How can you perform different rolls?

I can perform a T-roll with some control	I can perform a Dish/Arch roll	I can perform a Star forward roll on my own with good control
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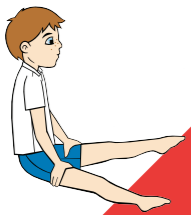
How can you balance on different parts of your body?

I can balance on different parts of my body, holding it for 3 seconds	I can balance in a sequence showing strong balances and hold for 3 seconds	I can perform a balance sequence moving smoothly from one balance to the next with pointed toes
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How can you perform a bunny hop across apparatus?

I can perform a bunny hop, placing hands in first, then feet	I can perform bunny hops across apparatus, keeping my hands flat and my arms straight	I can perform bunny hops along an apparatus pointing my toes
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How can you perform shapes, balances and jumps using various apparatus?

I can choose movements to create a simple sequence on apparatus	I can create a sequence and remember I need a strong start and finish	I can perform a sequence on apparatus with control and a strong body
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How can you co-operate with your team when using apparatus?

I can sometimes co-operate as part of a team	I can co-operate, work as part of a team and encourage my teammates	I can always co-operate, listen to others and be a mini coach
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I can say what went well and what they enjoyed. I can share ideas	I can give kind feedback to others I can listen and share ideas	I can give positive feedback to improve performance. I can recall key knowledge within the unit
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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	I can explain why I need to warm up before I exercise I know the 3 P's.
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