

Read the statements below and tick the ones that describes your current capabilities.

Games 3/4

- Move into a space to make of receive a pass when under pressure
- Display and promote good sportsmanship
- Understand different positions and roles within games
- Referee small sided games competently and enforce the rules successfully
- Understand the importance of including all abilities in activities and recognising people's strengths and weaknesses
- Consistently apply different skills effectively in games situations

Need more Practice

I Can do well

To help me improve I need to

Read the statements below and tick the ones that describes your current capabilities.

Gymnastics 3/4

- plan, perform and repeat a sequence of at least 6 moves with changes of speed, level and direction
- demonstrate the use of inversion on the floor
- assess myself and my peers and suggest improvements
- perform individually, with a partner and in a small group
- demonstrate a range of skills on a variety of apparatus
- perform a broad range of gymnastics skills in a variety of gymnastics contexts

Need more Practice

I Can do well

To help me improve I need to