**YEAR 5**

**Evaluating outcomes - Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Page: \_\_\_ of \_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| KEYAcquiring and developing skillsSelecting and Applying Skills etc.Knowledge & understanding of fitness & healthEvaluating and Improving Performance  |  Names |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * perform combinations of actions and agilities that show clear differences between levels, speeds and directions
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * repeat accurately a longer sequence with more difficult actions, with an emphasis on extension, clear body shape and changes in direction
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * adapt sequences to include a partner or a small group
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * take more responsibility for their own warm up
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * know how muscles work, how to stretch, and how to carry out strengthening exercises safely
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * know why strength and suppleness are important in gymnastics
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * watch and comment on the quality of movements, shapes and balances, and the way apparatus is used
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * identify which aspects were performed consistently, accurately, fluently and clearly
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * suggest improvements to speed, direction and level in the composition
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |