




PE	Year 1
Focus: Gymnastics	
Age related vocabulary	
Balance	To hold steady.


Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
	Before	After	
I can explore travelling movements.	<input type="checkbox"/>	<input type="checkbox"/>	
I can develop quality when performing and linking shapes.	<input type="checkbox"/>	<input type="checkbox"/>	
I can develop stability and control when performing balances.	<input type="checkbox"/>	<input type="checkbox"/>	
I can develop technique and control when performing shape jumps.	<input type="checkbox"/>	<input type="checkbox"/>	
I can develop technique in the barrel, straight and forward roll.	<input type="checkbox"/>	<input type="checkbox"/>	
I can link gymnastic actions to create a sequence.	<input type="checkbox"/>	<input type="checkbox"/>	

Key Knowledge


- Squeeze your muscles to make them feel hard and tense when in a shape.
- Bend your knees when landing.
- Keep looking straight ahead when landing.
- Keep in the same shape throughout the roll.




dish




tuck




pike



arch



star



straddle