



PE		Year 3	
Focus: gymnastics			
Age related vocabulary			
Sequence	Two or more skills which are performed together creating a different combination.	Control	the ability to manage a machine, vehicle, or other moving object.

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I can complete balances with increased stability, control and technique.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can show some strength when taking weight on different body parts for longer periods of time.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can choose actions that flow well into one another.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can create a sequence with matching and contrasting actions and shapes.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can create a partner sequence incorporating equipment.	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Key Knowledge
<ul style="list-style-type: none"> • Shapes: E.g. tuck, pike, straddle, dish, arch, star, front support, back support. • Action: The skill a gymnast uses in their sequence e.g. travel, jump, shape, balance, roll. • Point balance: A balance on a small body part e.g. hands, elbows, feet. • Patch balance: A balance on a large body part e.g. back, stomach, bottom. • Sequence: A number of actions linked together. • Body tension: Squeezing muscles to help to stay strong when performing actions. Having good body tension improves the quality of an action.



PE		Year 4	
Focus: Gymnastics			
Age related vocabulary			
Rotation	When something turns or spins around.	Perform	To sing, dance act or put on any kind of show

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I can demonstrate increasing strength, balance and control when taking my own weight and the weight of others.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can safely perform balances individually and with a partner.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can show increasing flexibility and extension when completing more challenging actions.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can identify some muscle groups used in gymnastics activities.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can plan and perform sequences with a partner that include a change of level and shape.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can create a sequence with matching and contrasting actions and shapes.	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Key Knowledge
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