**Gymnastics in Primary Physical Education Sports Basics Ltd**

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit of work:** Assessment | **Specific Focus:** Key Stage 1 | **Time:** 45 minutes | **Level:** KS1 |

|  |  |
| --- | --- |
| **Learning outcomes**  To identify the classes level of ability   * To understand the criteria for assessment * To be able to assess their own gymnastic skill level * To be able to assess their partners gymnastic skill level | **Equipment required to deliver the session**  A large indoor space  Two children to one activity mat |
| **Resources**  Attached | **Key words**  Assessment, comfortable, Can d, Can do well, |
| Using the criteria identified at the bottom right hand corner. This assessment can be performed by teacher, or children may be given the opportunity to self assess and/or peer assess, their own and others performance of the various skills worked within the lesson and also a various stages throughout the term  **Not comfortable:** Children not able to perform these skills, or not wanting to perform these skills  **Working towards:** Children needing support, or enabling activities to perform these skills  **Can Do:** Children can perform these skills but with errors  **Can do well:** Children can perform these skills with good quality  Children may need help in understanding the skill or terminology along with reading the words | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | **Key Stage One Core Gymnastic Skill Assessment** | | | | | | | | | | | | | | | |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | Rolling |  |  |  |  |  |  |  | Jumps, Leaps & Turns | | |  |  |  |  |  |  | Stepping | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | Log roll |  |  |  |  |  |  |  | One - One | |  |  |  |  |  |  |  | Forward |  |
|  |  |  |  |  |  | Egg roll |  |  |  |  |  |  |  | One - Two | |  |  |  |  |  |  |  | Backward | |
|  |  |  |  |  |  | Side roll | |  |  |  |  |  |  | Two - Two | |  |  |  |  |  |  |  | Sideways | |
|  |  |  |  |  |  | Teddy bear roll | |  |  |  |  |  |  | Two - One | |  |  |  |  |  |  |  | Straight leg | |
|  |  |  |  |  |  | Rocking & Rolling | |  |  |  |  |  |  | One to the other | |  |  |  |  |  |  |  | Bent leg | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 2 to 1 leap | |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | Cat leap | |  |  |  |  |  |  |  | Shapes |  |
|  |  |  |  |  |  | Balance | |  |  |  |  |  |  | Scissor leap | |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Straight |  |
|  |  |  |  |  |  | Dish |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Tuck |  |
|  |  |  |  |  |  | Arch/Hollow | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Pike |  |
|  |  |  |  |  |  | Shoulder balance | |  |  |  |  |  |  | 1/2 turn |  |  |  |  |  |  |  |  | Star |  |
|  |  |  |  |  |  | Stork Stand | |  |  |  |  |  |  | Full turn |  |  |  |  |  |  |  |  | Straddle |  |
|  |  |  |  |  |  | Needle Stand | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | Arabesque | |  |  |  |  |  |  |  |  |  |  |  |  | Not Comfortable | | | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Working towards | | | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Can do | | |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Can do well | | | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |