

# Gymnastics Assessment

## Level Descriptors

<p>LEVEL</p> <p><b>3</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can create and perform a sequence of <b>basic skills</b> (<i>egg roll, log roll, two jump, two balances etc</i>), showing some <b>control</b> and shape.</li> <li><input type="checkbox"/> I can display some <b>basic element of flight</b> on <i>rebound</i> and <i>vault apparatus</i>.(vault onto box and jump off)</li> <li><input type="checkbox"/> I can perform a short floor sequence of movements with a start and finish (with visual support)</li> <li><input type="checkbox"/> I understand why physical activity and warm ups are good for you.</li> </ul>
<p>LEVEL</p> <p><b>4</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can say what is <b>good</b> and <b>what needs improving</b> in my own work and in that of others.</li> <li><input type="checkbox"/> I can demonstrate <b>good flight</b> on vault / rebound work but control and body tension sometimes let me down.(vault on and jump off)</li> <li><input type="checkbox"/> I can perform basic skills (forward roll, backward roll,)</li> <li><input type="checkbox"/> I can choreograph and perform a basic sequence showing different levels (Low &amp; High)</li> <li><input type="checkbox"/> I understand how exercise effects the body and be able to apply it.</li> </ul>
<p>LEVEL</p> <p><b>5</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can suggest <b>how to improve</b> own and others skills and sequences.</li> <li><input type="checkbox"/> I am able to say which skills they &amp; others use effectively.</li> <li><input type="checkbox"/> I can make <b>movements flow</b>, show a <b>change of pace</b> and show good <b>body tension</b> in sequences.</li> <li><input type="checkbox"/> I can choreograph and perform a floor sequence of skills on my own and as a pair (including mirroring &amp; matching)</li> <li><input type="checkbox"/> I can perform more difficult skills (cartwheel, handstands, pairs &amp; trio balances )</li> <li><input type="checkbox"/> I can perform skills with different ways of going into/coming out of the skills ( eg, handstand forward roll to straddle sit)</li> <li><input type="checkbox"/> I can demonstrate more difficult flight on vault / rebound (through vault, side vault, straddle on &amp; jump off, through straddle)</li> <li><input type="checkbox"/> I can perform a suitable warm up for the activity.</li> </ul>
<p>LEVEL</p> <p><b>6</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I know how to <b>spot &amp; support</b> in skills and vaults.</li> <li><input type="checkbox"/> I can work with others to identify <b>key strengths</b> and <b>areas that need improvement</b>.</li> <li><input type="checkbox"/> I can adapt existing skills &amp; develop new ones in pairs/ groups.</li> <li><input type="checkbox"/> I am able to perform with <b>good control</b> &amp; better extension /tension &amp; <b>attempt more advanced moves</b> (round offs, one handed cartwheels, group balances)</li> <li><input type="checkbox"/> I can choreograph and perform a floor sequence, including advanced moves with control and fluency to a short piece of music, but the sequence may not always reflect the music.</li> <li><input type="checkbox"/> I can perform, with control more advanced flight on vault / rebound (handspring, headsprings)</li> <li><input type="checkbox"/> I can lead a specific gymnastic warm up.</li> </ul>

<p>LEVEL</p> <p><b>7</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I am able to demonstrate <b>excellent body control &amp; tension</b> throughout a routine or vault.</li> <li><input type="checkbox"/> My routine is interesting with clear <b>changes in speed, direction, and levels</b></li> <li><input type="checkbox"/> I can perform advanced moves (forward and backward walkovers, more difficult individual, pairs, and group balances)</li> <li><input type="checkbox"/> I can choreograph and perform a sequence to music covering the whole floor, which includes basic and some advanced movements, with a <b>series of linked agilities and dance moves</b> which <b>reflects the music</b>.</li> <li><input type="checkbox"/> My rebounds &amp; vaults are <b>dynamic</b> with very good height, speed and “dead 1 step landings”. (handsprings with twists)</li> <li><input type="checkbox"/> I can focus the warm up specifically to the Gymnastic apparatus and explain how gymnastics develops strength and flexibility.</li> </ul>
<p>LEVEL</p> <p><b>8</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I am able to demonstrate <b>excellent body control &amp; tension</b> throughout a routine or vault.</li> <li><input type="checkbox"/> My routine is interesting with clear <b>changes in speed, direction, and levels</b></li> <li><input type="checkbox"/> I can perform more advanced moves ( tumbling, somersaults, more advanced balances)</li> <li><input type="checkbox"/> I can choreograph and perform a sequence to music covering the whole floor, which includes advanced movements, with a <b>series of linked agilities and dance moves</b> which <b>reflect the music</b>. (Could also include equipment eg, Rhythmic gymnastics)</li> <li><input type="checkbox"/> My rebounds &amp; vaults are <b>dynamic</b> with very good height, speed and “dead 1 step landings”. (handsprings with twists)</li> <li><input type="checkbox"/> I can focus the warm up specifically to the Gymnastic apparatus and explain how gymnastics develops strength and flexibility.</li> </ul>
<p>LEVEL</p> <p><b>EP</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I compete to a level above County standard.</li> <li><input type="checkbox"/> I can the whole group for all the lesson, using progressive skills/ drills and finishing with a game.</li> <li><input type="checkbox"/> I show excellent leadership skills</li> </ul>