



Physical Education Assessment

Gymnastics Year 6

Name of Pupil:		Class:	
Teacher:		Date of Assessment:	
Pupil is able to:			Yes/No
* make up longer, more complex sequences, including changes of direction, level and speed;			
* develop their own solutions to a task by choosing and applying a range of compositional principles;			
* combine and perform gymnastic actions, shapes and balances;			
* show clarity, fluency, accuracy and consistency in their movements;			
* in small groups, prepare a sequence to be performed to an audience;			
* understand the importance of warming up and cooling down;			
* say, in simple terms, why activity is good for their health, fitness and well-being;			
* show an awareness of factors influencing the quality of a performance and suggest aspects that need improving.			
Self-assessment [e.g. own strengths & suggestions for improvement]:			
Next Steps in Learning:			

