Gymnastics (Level 1)

PE

Statement Code no: 6

Student:

Class:

At Junior Certificate level the student can:

Create and perform a basic gymnastic sequence (Level 1)

Date Commenced: 00/00/00 Date Awarded: 00/00/00

Learning Targets* - This has demonstrated by your ability to:

1	Bring the correct clothing and equipment to class	000
2	Handle equipment carefully and safely	000
3	Carry out instructions when given	000
4	Perform a basic roll	000
5	Perform a basic balance	000
6	Perform a basic jump	000
7	Link movements together to create a basic gymnastic sequence	000
8	Know what makes up a good gymnastic sequence	000
9	Know how to improve my performance	000
10	Perform basic skills with control using gymnastic equipment	000
11	Understand what makes a gymnastic movement look well	000
12	Create and perform basic gymnastic activities at your own level	000
13	Work with others in creating and performing a basic gymnastic sequence	000

*Two targets from HR statement must be undertaken in order to complete this statement