

PROGRESS-O-METER TARGET

GYMNASTICS YEAR 1

This framework should be adapted by the teacher to meet the learning requirements of the class



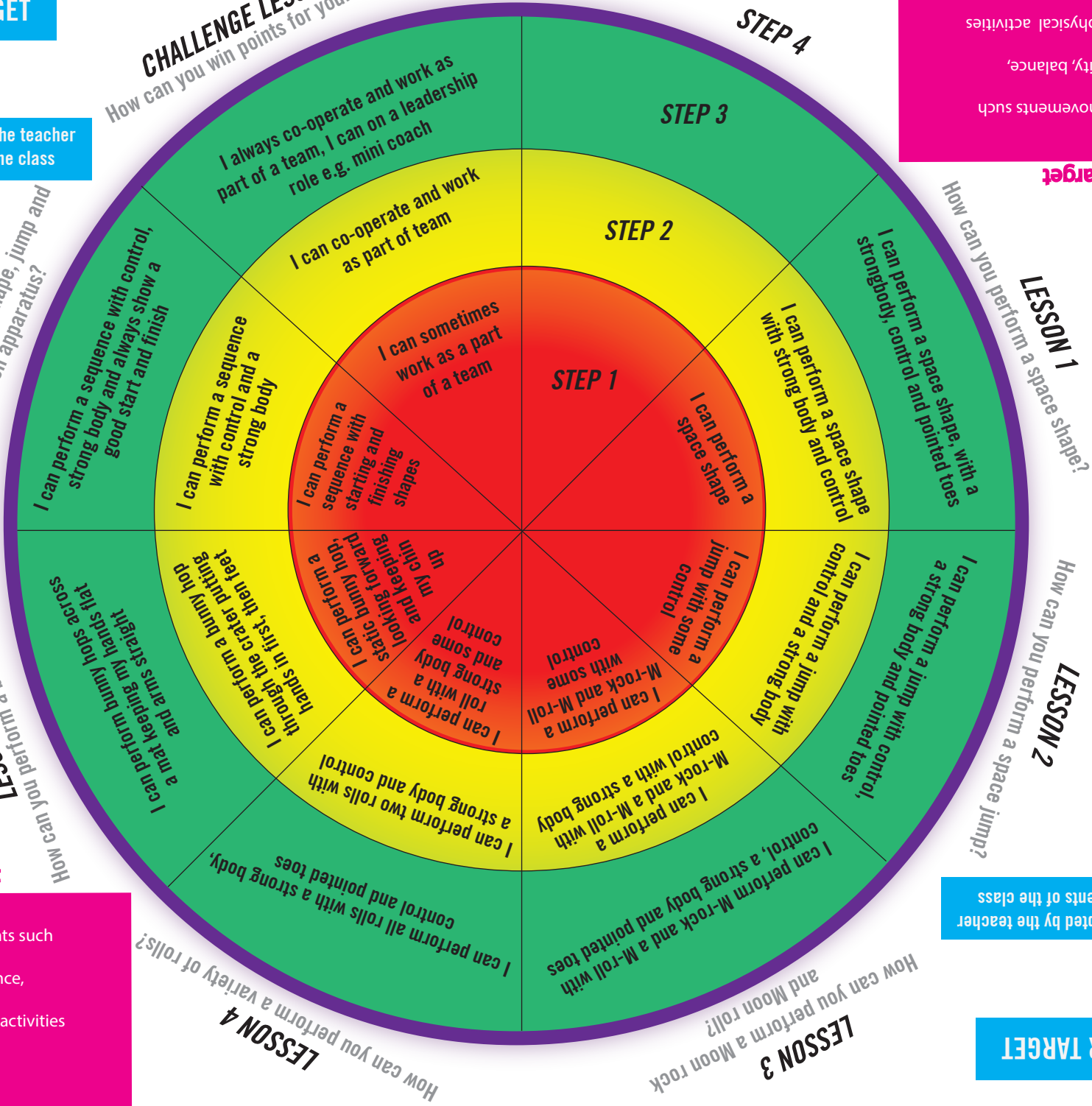
CHALLENGE LESSON
How can you win points for your team?

LESSON 6
How can you perform a shape, jump and balance on apparatus?

LESSON 5
How can you perform a bunny hop?

Yr 1 Attainment Target

- Has begun to Master basic movements such as jumping
- Has begun demonstrate agility, balance, co-ordination
- Has begun to co-operative physical activities



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