

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: / /

Date Awarded: / /

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

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

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

Work begun | Work in progress | Work completed