At Junior Certificate level the student can:

Create and perform a basic gymnastic sequence (Level 1)

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

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

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