**Gr 8 Gymnastics**

**Name :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

The main focus of the unit will be **working in your chosen groups** o plan and perform a short (90 seconds)floor and apparatus routine which will include a variety of acrogym balances, some jumps and rhythmic gymnastics moves.

You should include:

-synchronised movements

-min. 3 acrogym pyramids + done

-min. 2 jumps - pencil jump and jumping jack

-min. 2 rotations **- roll and a backrol with hand touch**

-creativity

-control, strength and safety

For the final performance, you can use a variety of equipment and rhythmic gymnastics equipment (RGE). You can also choose to use any of the following: Scarves, Ropes, Hoops, Balls and Ribbons.

**You will be assessed on the following:**

**‘Criterion B’ Planning for Performance:** the booklet

**Achievement level**

**Level descriptor**

**1–2**

i. **states** a goal to enhance performance

ii. **outlines** a limited plan for improving physical performance and health.

**3–4**

i. **lists** goals to enhance performance

ii. **outlines** a plan for improving physical performance and health.

**5–6**

i. **identifies** goals to enhance performance

ii. **designs** a plan for improving physical performance and health.

**7–8**

i. **outlines** goals to enhance performance

ii. **designs** and **explains** a plan for improving physical performance and health.

**Criterion C Applying and performing:** Your physical performance of the routine

**Achievement level**

**Level descriptor**

**1–2**

i. **recalls** and **applies** skills and techniques with limited success

ii. **recalls** and **applies** strategies and movement concepts with limited success

iii. **recalls** and **applies** information to perform.

**3–4**

i. **demonstrates** and **applies** skills and techniques with limited success

ii. **demonstrates** and **applies** strategies and movement concepts **with limited success**

iii. **identifies** and **applies** information to perform.

**5–6**

i. **demonstrates** and **applies** skills and techniques

ii. **demonstrates** and **applies** strategies and movement concepts

iii. **identifies** and **applies** information to perform effectively.

**7–8**

i. **demonstrates** and **applies a range** of skills and techniques

ii. **demonstrates** and **applies a range** of strategies and movement concepts

iii. **outlines** and **applies** information to perform **effectively**.

**‘Criterion D’ Reflecting and improving performance**: the questions after the design plan

**Achievement level**

**Level descriptor**

**1–2**

i. **identifies** strategies to enhance interpersonal skills

ii. **states** the effectiveness of a plan

iii. **outlines** performance.

**3–4**

i. **identifies** and **demonstrates** strategies to enhance interpersonal skills

ii. **states** the effectiveness of a plan based on the outcome

iii. **outlines** and **summarizes** performance.

**5–6**

i. **outlines** and **demonstrates** strategies to enhance interpersonal skills

ii. **describes** the effectiveness of a plan based on the outcome

iii. **outlines** and **evaluates** performance.

**7–8**

i. **describes** and **demonstrates** strategies to enhance interpersonal skills

ii. **explains** the effectiveness of a plan based on the outcome

iii. **explains** and **evaluates** performance.

**Please use the following boxes to record and plan your routine:**

**-**use gymnastics jargon

-only write what is necessary

-Eg: I am the base/support/top of the pyramid/counterbalance/shape. OR toes are flexed/pointed OR hands are parallel to ground/extended upwards/extended outwards/crossed across chess OR hips/shoulders/knees at right angles for optimum strength and stability OR Mount/dismounting the pyramid OR my transitions include: cartwheels/aerials/walkovers/logrolls/backrolls/etc.

**Criterion B: Planning for performance**

ii. **designs** and **explains** a plan for improving physical performance and health.

**Description Starting position**

**Starting position(picture or photo):**

**Describe your transitions….**

**Description**

**picture or photo**

**Describe your transitions….**

**Description**

**picture or photo**

**Describe your transitions….**

**Description**

**picture or photo**

**Describe your transitions….**

**Description**

**picture or photo**

**Describe your transitions….**

**Description**

**picture or photo**

**Describe your transitions….**

**Description**

**picture or photo**

**Describe your transitions….**

**Description**

**picture or photo**

**Describe your transitions….**

**Description of Finish position**

**picture or photo of Finished position**

**To make sure you include everything in your routine please check the table below.**

**Criteria B routine check-list**

**No**

**Yes**

Our composition has a clear start and clear finish

Our composition has at least 3 different acro balances.

Our composition is very creative and shows imagination and style

Our composition flows and has good connecting moves (with and without the RG equipment)

Our composition shows that we are all involved

i. **outlines** goals to enhance performance (What goals will you set to make sure your performance will be performed as best as possible.

**(Self-Assessment)**

**Criterion D: Reflecting and improving performance**

**7–8**

i. **describes** and **demonstrates** strategies to enhance interpersonal skills

ii. **explains** the effectiveness of a plan based on the outcome

iii. **explains** and **evaluates** performance.

1

i. **describes** and **demonstrates** strategies to enhance interpersonal skills *(What do you think you did during the gymnastic unit that helped improve your social skills?)*

2

ii. **Explain** the effectiveness of a plan **based on the outcome.**

*(how did your plan help you to reach your performance level)*

3

iii. **explains** and **Evaluate** performance.

4

Write down up to 3 strategies that would improve your performance!

1)

2)

3)

**Criterion C: Applying and performing:** Your physical performance of the routine

Select the performance level you feel **you personally** achieved. Why did you give yourself this grade?

**Level**

**Personal Comment**