

Attain Level 3

- you can** Attempt basic moves and shapes with limited control when in flight. **D/S**
- you can** Displays some control in flight and movements when following others. **M/A**
- you can** Display confidence to have a go at an activity. **P/M**
- you can** Suggest differences between your own and others' work. **E/I**
- you can** Prepare for exercise following a class warm up. **F/H**

Attain Level 4

- you can** Perform movements, rotations and flight with precision, fluency, strength and control. **D/S**
- you can** Work creatively and imaginatively showing variety within movement. **M/A**
- you can** Comment on your own and others' work and give positive feedback. **E/I**
- you can** Warm up and cool down independently, understanding the importance of exercise when trampolining. **F/H**

Attain Level 5

- you can** Select and combine ideas and be able to perform a range of sequences, skills and movements clearly, accurately and with expression. **D/S**
- you can** Choreograph and perform sequences individually consistently showing precision, control and fluency. **M/A**
- you can** Show an awareness of spacial awareness performing sequences and techniques, showing ranges in levels, height, speed and directions. **M/A**
- you can** Identify and work on physical components which will allow you to perform with greater quality, improving levels, height, speed and power with minimal errors when performing. **P/M**
- you can** Analyse and comment on your own and others' work, using feedback to improve your performances. **E/I**
- you can** Plan, organise and lead activities which help the quality of your own and others' trampolining work. **F/H**
- you can** Explain how the body reacts during trampolining and how it is essential to a healthy lifestyle. **F/H**

Attain Level Exceptional Performance

- you can** Consistently use advanced skills, techniques and ideas. Always showing high standards of precision, control, fluency and originality in sequences and routines. **D/S**
- you can** Consistently apply advanced strategies and composition with proficiency, flair and originality in routines, sequences and movement replication. **M/A**
- you can** Consistently use physical attributes to shine in a particular activity. Use motivational qualities to enhance the performance of yourself and others'. **P/M**
- you can** Critically analyse and judge your own and others' performance, showing that you understand how the skills, strategy and fitness relate to and affect the quality and originality of performance. **E/I**
- you can** Reach judgements independently about how your own and others' performance could be improved, prioritising aspects for further development.
- you can** Consistently apply appropriate knowledge and understanding of health and fitness in all aspects of trampolining. **F/H**
- you can** Participate regularly in trampolining both in and out of school, recognising the benefits to your physical, mental and social well being.

Attain Level 6

- you can** Show evidence of a wider range of skills and ideas when performing sequences and movements. **D/S**
- you can** To perform with consistent levels, control height, speed and directions alongside precision, control and fluency. **D/S**
- you can** Link actions using imaginative ways to overcome challenges and entertain Trampoline audiences. **M/A**
- you can** When choreographing work, draw on what you know about composition in response to changing circumstances when performing on a trampoline. **M/A**
- you can** Analyse how skills and ideas have been used in your own and others' work, and on compositional and other aspects of performance. Suggest ways to improve. **E/I**
- you can** Understand how the different components of fitness affect performance and explain how different types of exercise contribute to your fitness and health **F/H**
- you can** Apply conventions and compositional ideas consistently when leading activities and practices. **F/H**

Attain Level 7

- you can** Demonstrate sophisticated trampolining performance skills using advanced techniques and expression within increasingly complex situations. **D/S**
- you can** Work in a group to plan and choreograph a trampolining show to an audience. Apply advanced strategies and compositional ideas throughout the routines. **M/A**
- you can** Structure performances into a logical form and select skills that has rhythmic, dynamic and spatial interest when trampolining. **M/A**
- you can** Demonstrate imagination, originality, flair and variety in your work. **M/A**
- you can** Analyse performance, choreography and aspects of production with strategic plans of how to refine, adapt and improve speed, height, power and accuracy of performances. **E/I**
- you can** Explain the principles of training and apply them effectively. Implement and monitor a simple body conditioning programme. **F/H**
- you can** Take on different roles within an activity, showing organisation, effective communication and consistently adhering to codes of conduct when trampolining. **F/H**

Attain Level 8

- you can** Consistently distinguish between advanced skills, techniques and ideas always showing high standards of precision, control, fluency and originality. **D/S**
- you can** Apply advanced strategies together with proficiency, flair and originality in your own and others' work. **M/A**
- you can** When adapting and responding to changing circumstances, maintain a high quality of performance with power, speed, variation, strength and accuracy. **M/A**
- you can** Critically evaluate your own and others' work showing an understanding of strategy, composition and fitness on the quality of performance. Use this information to plan and monitor ways of improvement, acting upon decisions made. **E/I**
- you can** Use your knowledge of health, fitness and wellbeing to plan and evaluate own and others' trampolining programmes. **F/H**
- you can** Take on different roles and plan pathways into performance, leadership or judging based on your preferences. **F/H**

