

I am secure at second level because I can

- plan, perform and repeat a sequence considering shape,

- demonstrate different entries and exits from

- identify and stretch the major

- turn in the air whilst performing jumps and take body

- develop gymnastics skills

- move in different directions and at different speeds with

- combine speed and strength of movements to create a

- move very fast in a competitive situation

- work at a steady pace for a prolonged period to challenge

- repeat a whole or part body movement for

- challenge myself to work on higher or narrower apparatus

- help my team to improve by observing, reflecting and commenting

- understand strategies (attack/defence) and play games fairly by understanding

- use increasingly complex skills to

- pace myself over increasing distances and sprint with good

- perform a long jump for distance, a jump for height

- move/find and create space in a variety of

- referee/umpire and

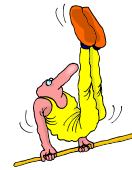
I have had the opportunity to **Make, Say Write & Do**

I can **Discuss, Present, Investigate & Explore**

Physical Education : Second Level

QuickTime™ and a decompressor are needed to see this picture.

QuickTime™ and a decompressor are needed to see this picture.



QuickTime™ and a decompressor are needed to see this picture.

QuickTime™ and a decompressor are needed to see this picture.