BRITISH proficiency pre-school

personal achievement **chart**

ActionDateSignatureRunning on the spotHoppingJump up highJump a distanceLeap or jump over an obstacleSkippingRoll down an inclineStart and stop running on commandTravel in different shapes and directionsRoll in different directions with or without apparatusFast running	Name					
HoppingJump up highJump a distanceLeap or jump over an obstacleSkippingRoll down an inclineStart and stop running on commandTravel in different shapes and directionsRun with changes in directionRoll in different directions with or without apparatus	Action	Date	Signature	AA		
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Jump up highImage: Selection of the selection of	Running on the spot					
Jump a distanceJump a distanceLeap or jump over an obstacleSkippingRoll down an inclineStart and stop running on commandTravel in different shapes and directionsRun with changes in directionRoll in different directions with or without apparatus	Hopping					
Leap or jump over an obstacleImage: Constant of the second se	Jump up high					
SkippingRoll down an inclineStart and stop running on commandStart and stop running on commandTravel in different shapes and directionsRun with changes in directionRoll in different directions with or without apparatus	Jump a distance					
Roll down an inclineImage: Comparison of Compar	Leap or jump over an obstacle					
Start and stop running on command Travel in different shapes and directions Run with changes in direction Roll in different directions with or without apparatus	Skipping					
Travel in different shapes and directions Run with changes in direction Roll in different directions with or without apparatus	Roll down an incline					
Run with changes in direction Roll in different directions with or without apparatus	Start and stop running on command					
Roll in different directions with or without apparatus	Travel in different shapes and directions					
	Run with changes in direction					
Fast running	Roll in different directions with or without apparatus					
	Fast running					

Balance	Date	Signature	
	1	•	
Land onto a higher surface			
Safe landing			
Static balances on one leg			
Supporting the body on any apparatus			
Land safely from height			
Land safely after leaping or jumping over an obstacle			
Upside down shapes			
Travel in support on any apparatus			
Upside down in handstand variations			
Static balances on different body parts			
Small swings in support on any apparatus			
Hang upside down from a bar supported by an adult			

Coordination	Date	Signature	
		I ALTO	V
Using pulling strength of the upper body			$\langle \rangle$
Climb and hang from the hands then swing			\geq
Upside down, sideways			\geq
Using hand apparatus			Δ
Swing in hang with a tucked body or bent legs			$\langle \rangle$
Throw hand apparatus to a target and collect it			
Swing in hang with a stretched body shape			
Collect hand apparatus and drop into a target			
Core strength			7
Throw a ball up, let it bounce and catch it			
Dynamic balance, keeping control during movement			
Roll/slide hand apparatus to a target and collect it			
Balance circuit			
Swing on a rope			
Using pushing strength of the upper body			
Partner and team games			

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