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| **Rugby/Football** | **Acquiring and Developing Skills** | **Evaluating and Improving** | **Health and Fitness** |
| * Can they throw and catch accurately? * Can they pass a ball accurately and with control? * Can they keep possession of the ball? * Can they move to find a space when they are not in possession during a game? * Can they vary tactics and adapt skills according to what is happening? * Can they refine their marking skills? | * Can they select and use the most appropriate skills, actions or ideas? * Can they move and use actions with co-ordination and control? * Can they make up their own small-sided game? | * Can they explain how their work is similar and different from that of others? * Can they use their comparison to improve their work? | * Can they explain why warming up and cool-down is important?   Can they explain why keeping fit is good for their health? |