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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? |