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| **Rugby/Football** | **Acquiring and Developing Skills** | **Evaluating and Improving** | **Health and Fitness** |
| * Can they explain complicated rules?
* Can they make a team plan and communicate it to others?
* Can they lead others in a game situation?
* Can they switch fluidly between attacking and defending as possession changes?
 | * Can they link skills, techniques and ideas and apply them accurately and appropriately?
* Do they show good control in their movements?
 | * Can they compare and comment on skills, techniques and ideas that they and others have used?
* Can they use their observations to improve their work?
 | * Can they explain some important safety principles when preparing for exercise?
* Can they explain what effect exercise has on their body?

Can they explain why exercise is important? |