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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? |