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| **Rugby/Football** | **Acquiring and Developing Skills** | **Evaluating and Improving** | **Health and Fitness** |
| * Can they change speed and direction whilst running? * Can they jump from a standing position with accuracy? * Can they perform a variety of throws with control and coordination? * Can they use equipment safely? * Do they throw a variety of objects with power? | * Can they copy actions? * Can they repeat actions and skills? * Can they move with control and care? | * Can they talk about what they have done? * Can they describe what other people did? | * Can they describe how their body feels before, during and after an activity? |