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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?
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