

Rugby

Skills required

Hands

passing (lateral, spin)

offloading (before contact)

catching (from pass)

running with the ball (evasion – side step or swerve)

Intercepting

Use of skills in game situations

Head

Contributing to strategy and tactics

Decision making

Adhering to rules, health and safety guidelines

Heart

Ability to influence the performance and motivation of self and others

Accurate repeating of actions and sequences.

Adhering to rules, health and safety guidelines

Gymnastics

Hands

Perform a mixture of balances and travels

Counter balance/individual balance/pair balance

Head

To plan 3 balances.

To plan a sequence of balances and travels.

