

Rugby

Skills required

Hands

passing (lateral, spin)

Tackling

Ball presentation

offloading (before and after 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

Vaulting – pike, straddle, tuck, through

Head

To plan 3 balances.

To plan a sequence of balances and travels.



Basketball

Skills required

Hands

passing – chest and bounce pass

shooting – lay-up, set shot

dribbling – either hand, changes of direction

rebounding

footwork – pivot

Head

Use of skills in a game situation

Half court defence

Out of bounds

Decision making

