

## 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**

Adhering to rules, health and safety guidelines

## Gymnastics

### Hands

Perform a mixture of balances and travels

Counter balance/individual balance/pair balance

Accurate repeating of actions and sequences.

### Head

To plan 3 balances.

To plan a sequence of balances and travels.

