

## Rugby

### Skills required

passing (lateral, spin)

- offloading (before/after contact)
- tackling (front, side)
- ball presentation
- catching (from pass)
- running with the ball (evasion – side step or swerve)

### Intercepting

#### Use of skills in game situations

contributing to strategy and tactics

decision making

Ability to influence the performance and motivation of self and others



## **Gymnastics**

### Hands

To perform basic in flight shapes when vaulting (tuck)  
To perform basic twists in flight – half twist, full twist  
To perform a safe landing  
Use the 1,2,2 take off and land

To perform complex in flight shapes when vaulting (pike, straddle)  
To perform straddle through and through vault  
To perform a round off

## Head

Understand what makes a successful vault jump

Understand preparation, inflight, landing

## Heart

Show communication and influence when offering peer feedback