



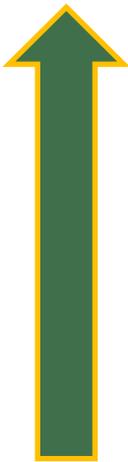
# Key Stage 3 progress grid

**Subject** PE

**Year** 9

**Topic / skill area** Rugby

Trajectory	I am able to .....
T9, T8	<input type="checkbox"/> name all the positions in Rugby. <input type="checkbox"/> explain what skill set is best for each position <input type="checkbox"/> pick and change a team depending upon the opposition skill set. <input type="checkbox"/> play in a number of positions with success <input type="checkbox"/> demonstrate a very good level of accuracy and consistency in both attack and defence. <input type="checkbox"/> very rarely loose the ball in contact or open play <input type="checkbox"/> explain what skills are needed for different positions and why <input type="checkbox"/> coach players in how to safely secure the ball or turn over the ball in contact. <input type="checkbox"/> categorise players from best to worse from watching and give feedback to how they improve
T7	<input type="checkbox"/> use my knowledge of rugby when choosing which position people or I should play <input type="checkbox"/> use my knowledge to develop tactics to beat an opponent in rugby <input type="checkbox"/> Create a new tactic when attacking in order to beat an opponent <input type="checkbox"/> demonstrate knowledge and understand of a 5 man scrum. <input type="checkbox"/> demonstrate and explain the lineout. <input type="checkbox"/> demonstrate good tactical awareness when attacking, knowing when to pass and when to take the ball to contact. <input type="checkbox"/> examine the scrummage giving feedback to others about rules and tactics <input type="checkbox"/> examine the lineout giving feedback to others about rules and tactics <input type="checkbox"/> coach players making judgements about tactics and able to give good advice on how to improve.
T6	<input type="checkbox"/> begin to think about tactics when trying to evade a tackle. <input type="checkbox"/> select the correct stretches when warming up <input type="checkbox"/> understand why a warm up is important. <input type="checkbox"/> perform the role of Scrum Half <input type="checkbox"/> demonstrate how to take the ball into a ruck <input type="checkbox"/> demonstrate the correct technique for tackling <input type="checkbox"/> know when an infringement has occurred during a scrum and what the outcome will be. <input type="checkbox"/> identify when an infringement has happened in a Ruck and what the outcome will be. <input type="checkbox"/> identify what good technique looks like in tackling and passing
T5, T4	<input type="checkbox"/> select the correct safety equipment depending upon the activity <input type="checkbox"/> demonstrate some stretches that I would use in rugby <input type="checkbox"/> list some reasons a warmup is important <input type="checkbox"/> pass to teammates in competitive games <input type="checkbox"/> explain the correct technique for tackling <input type="checkbox"/> describe the rules about passing <input type="checkbox"/> discuss my performance with a partner and explain why I have done well. <input type="checkbox"/> list some things that I could do to improve my performance. <input type="checkbox"/> describe why I have performed well
T3	<input type="checkbox"/> name what safety equipment is needed for Rugby <input type="checkbox"/> take part in a warm up <input type="checkbox"/> tag tackle in conditioned tasks <input type="checkbox"/> use 10 points when passing <input type="checkbox"/> say one thing I could to improve <input type="checkbox"/> say what I have done that is good.
T2, T1	<input type="checkbox"/> begin to know what equipment I need. <input type="checkbox"/> begin to know how to do a warm up <input type="checkbox"/> begin to be able to tag-tackle <input type="checkbox"/> begin to use 10 points when passing beginning to be able to say what do to better <input type="checkbox"/> begin to be able to identify when I do something well.



**Progress**