

Physical Education KS3 Assessment Framework

	Beginning Grade 1	Working Towards Grade 2-3	Expected Grade 4-5	Exceeding Grade 6-7	Excelling Grade 8-9
Rugby	<p>I can:</p> <p>Understand the basic of passing: Keep the ball high, push through the ball and finish with both hands pointing at the target.</p> <p>Execute a 2 Vs 1 situation, using accurate passing to supporting players.</p> <p>Use footwork, change of direction or change of pace to beat a defender.</p> <p>Understand all fundamental parts of the tackle: same foot same shoulder, boxing hands up, staying tall for as long as you can and then arriving and driving, firing the arms through, land on top.</p> <p>Perform a parachute fall in a contact situation and present the ball using a long place.</p> <p>Understand the basic of a ruck when the ball must be released.</p> <p>Understand roles around the ruck. Bullett, the first man fires through the breakdown. The second man seals off so the ball can</p> <p>Ruck in a practice situation.</p> <p>Work with teammates to perform a basic ruck and know how to play a part in a ruck.</p> <p>Understand the basics of the scrum: strong body position, like tree trunks. In a competitive situation the 3 closes players take part.</p> <p>Begin to outwit opponents using foot work.</p> <p>Able to participate in full U12 laws. Most will be able to play a rugby league (touch or contact) style of game.</p> <p>Understand the basic rules and be able to play in a controlled drill or activity.</p> <p>Understand U12 Vocabulary: Realign, Passive, Tackle, Footwork, change pace, Change Direction, Release, Ruck</p>	<p>I can:</p> <p>Be in the correct position to support the ball carrier in a small-sided game.</p> <p>Use a variety of passes from both sides and off the ground.</p> <p>Give and take a spin pass using good technique.</p> <p>Consistently beat a defender in a 2 v 1 situation.</p> <p>Tackle safely from behind.</p> <p>Understand when to ruck and maul in matches.</p> <p>Understand the basic jobs and role of backs and forwards.</p> <p>Use simple tactics to win situations in a rugby match. For example, Spot and use an overlap; run a switch or loop to create space.</p> <p>Start understanding defensive principles: Defend in 3's. Be able to communicate different types of defence: Blitz, soft.</p> <p>Understand way as a team we can get the ball back. For example, Jackal/counter ruck. Be able to identify optimates t do this in controlled and competitive situations.</p> <p>Understand how to take part in a 3-man scrum and line out.</p> <p>Understand U13 Vocabulary: Passive, Footwork, Change Direction, Change pace, Release, Maul, Ruck, Scrum, Lineout, Backs, Forwards, Overlap, Switch, Loop, Spin-pass</p>	<p>I can:</p> <p>Stay on your feet in contact situations and present the ball to my teammates.</p> <p>Perform a variety of passing moves with teammates to outwit opponents.</p> <p>Start to understand the different lines you can run in rugby to break through yourself or to create space for others.</p> <p>Use the rugby skills you have learnt accurately, precisely and fluently under match pressure.</p> <p>Create a simple game plan to beat opponents based on the strengths and weaknesses of you and others.</p> <p>Understanding the roles of different players in the backs and forwards.</p> <p>Take part in a full scrum.</p> <p>Know what the line marking on a rugby pitch mean.</p> <p>Some will be able to participate in full U14 laws.</p> <p>Play a rugby league (touch or contact) style of game.</p> <p>Understand the basic rules and be able to play in a controlled drill or activity.</p> <p>Understand U14 Vocabulary: Passive, Footwork, Change Direction, Change pace, Release, Maul, Ruck, Scrum, Lineout, Backs, Forwards, Overlap, Switch, Loop, Spin-pass, Accuracy, Precision, Fluency, Pressure, Game Plan, Roles, Warm-up, Cool-down, Laws of Rugby.</p>	<p>I can:</p> <p>Be successful in the previous level 4-5 as well as the following:</p> <p>Consistently tackle well in a game situation before getting to your feet and competing for the ball.</p> <p>Understand the different phases of play in a game situation</p> <p>Use all my skills with control, precision and fluency in match play.</p> <p>Use advanced passing moves to outwit opponents.</p> <p>React to pressure situations as they develop and use your knowledge and skills to overcome them.</p> <p>To start to understand attacking structure. Be able to plan a phase ahead when attacking.</p> <p>Understand ways we can get the ball back: Jackal, counter ruck, holding players up.</p> <p>Understand every player's individual role across the rugby pitch.</p> <p>Assess performance and then help others' performance.</p> <p>Watch other players and comment on their skills and techniques and help them improve.</p> <p>Use self-evaluation to improve your own skill level.</p>	<p>I can:</p> <p>Be successful in the previous level 6-7 as well as the following:</p> <p>Use my skills precisely in rugby match situations.</p> <p>Take on the role of team captain and decide team tactics based on your knowledge of your team's strengths and weaknesses together with those of the opposition.</p> <p>Demonstrate the ability to spot when a game plan isn't working and change it.</p> <p>Coach others in the basic skills and techniques required for rugby.</p> <p>Plan ways In which to improve your rugby and that of others.</p>