



# 'Curriculum is the Progression Model'

## FUNDamental movement skills > Tag Rugby



I know how and when to use ball carrying skills and passing techniques to evade opponents (3 v 1—reduce advantage as skill develops)

I know the strengths and weaknesses of defensive/offensive tactics in Rugby—also when and why to select these tactics (low block, width in attack, double up when close to your own try line)

I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games

I know how to move efficiently whilst carrying the ball to evade an opponent (change of speed, change of direction)

I understand the rules of the game and use this to make effective decisions (3 second rule after tagging, no forward pass)

I know how to sprint, jog, hop, change direction, jump and stop demonstrating agility and control.

I know how to sprint, jog, change direction and stop whilst carrying the rugby ball.

I know how to pass to team mates in a range of ways effectively (from stationary > moving whilst passing (T.P—Consider weight of pass, playing to run onto, can't pass forwards)

