

	Developing	Secure	Excellent
Catching (2.1)	I can catch the ball on a few occasions when not under pressure.	I can often catch the ball, and I can sometimes catch it whilst under a little pressure.	I can catch the ball whilst under pressure.
Running (2.1)	I can run with the ball and pass accurately most of the time.	I can run with the ball, and sometimes beat opponents. I pass accurately most of the time.	I usually beat opponents. I am beginning to use changes of speed. I nearly always pass accurately.
Tackling (2.1)	I can sometimes tackle an opponent.	I can usually tackle an opponent.	I can successfully use different types of tackle.
Rules (2.2)	I know the basic rules.	I know the rules but find it difficult to apply them as a referee.	I can apply the rules in a game situation.
Playing positions (2.2)	I know about the different playing positions. I can play only one or two of them (as for level 3).	I have a good understanding of playing in one position.	I know the role of, and can play in, more than one position.
Physical capacity (2.3)	I have limited physical capacity (ie speed, stamina, strength and flexibility) to cope with the demands of the activity.	One area of my physical capacity (ie speed, stamina, strength and flexibility) is developed to cope with the demands of the activity.	More than one area of my physical capacity (ie speed, stamina, strength and flexibility) is developed to cope with the demands of the activity.
Mental capacity (2.3)	I have the confidence to have a go and I can face challenging situations with help.	I am determined to succeed. I can deal with a few challenging situations, but I find it difficult to deal with my emotions.	I am determined to succeed, I keep going in most challenging situations, and I can deal with my emotions most of the time.
Strengths and weaknesses (2.4)	I can sometimes correct faults.	I can recognise that something is wrong, but I do not always know what it is. I can identify others' strengths and weaknesses.	I know when I or others have done something wrong and I can usually put it right.
Warming up and cooling down (2.5)	I can follow instructions for a warm-up and cool-down safely, and could probably do this myself.	I can design and lead a warm- up and cool-down session for a small group of people, suitable for rugby.	I am able to lead a safe warm-up and cool-down, stretching the correct areas of the body for rugby.
Healthy lifestyle (2.5)	I understand the importance of exercise for a healthy lifestyle.	I can explain why exercise is important to my health and fitness.	I understand how rugby can benefit a person's health and fitness.