

# Rugby Assessment

## Level Descriptors

<b>LEVEL</b> <b>3</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> I can pass effectively most of the time.</li><li><input type="checkbox"/> I understand the basic rules of the game e.g. knock on, forward pass and how to score a try.</li><li><input type="checkbox"/> I can tackle someone effectively using the tag belts.</li><li><input type="checkbox"/> I understand why physical activity and warm ups are good for you.</li><li><input type="checkbox"/> I know that exercise is important for a healthy lifestyle, but have difficulty understanding why. I can name some of the different food groups that make up a balanced diet.</li></ul>
<b>LEVEL</b> <b>4</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> I can pass with both hands effectively showing a good level of accuracy.</li><li><input type="checkbox"/> I am able to run with the ball and dodge opponents when they try and tackle me. I understand the loop run and how it provides support.</li><li><input type="checkbox"/> I understand how to restart a game in a variety of ways e.g. scrum, line out and drop kick restart.</li><li><input type="checkbox"/> I can identify other more able pupils in the group and from observing there performance can improve my own performance.</li><li><input type="checkbox"/> I understand why it is important to warm up for exercise</li><li><input type="checkbox"/> I can work with friends to plan simple warm ups and practices for rugby sessions</li><li><input type="checkbox"/> I understand how exercise affects the body and how this is applied.</li><li><input type="checkbox"/> I am able to describe some of the muscles which we use for rugby.</li><li><input type="checkbox"/> I understand the importance of a safe environment for rugby.</li><li><input type="checkbox"/> I understand the importance of exercise for a healthy lifestyle.</li><li><input type="checkbox"/> I understand what personal hygiene is. I understand what makes up a balanced Diet</li></ul>
<b>LEVEL</b> <b>5</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> All passes are performed with a good level of accuracy and I can demonstrate a spin pass and a miss pass.</li><li><input type="checkbox"/> My ability to make space for others is good and I am able to describe how I can make space for others.</li><li><input type="checkbox"/> I can observe and learn from other pupils and comment on their abilities as a Rugby player. I am able to pick out strengths and weaknesses in their game</li><li><input type="checkbox"/> I know and understand the difference between forwards and backs and what their role is in the game.</li><li><input type="checkbox"/> I understand the different skills that are needed for scrummaging, line-outs and back play</li><li><input type="checkbox"/> I can perform a suitable warm up and can plan activities that are safe and help others improve.</li><li><input type="checkbox"/> I can explain why exercise is important to my health and fitness.</li><li><input type="checkbox"/> I understand why personal hygiene is important.</li><li><input type="checkbox"/> I understand what makes a balanced diet and what major food groups are consumed for rugby.</li></ul>
<b>LEVEL</b> <b>6</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> I can perform well in a maul and I understand the key concepts of a maul e.g. take the ball in with two hands.</li><li><input type="checkbox"/> I contribute to the game well and can play in a variety of positions.</li><li><input type="checkbox"/> I can adapt the way I play in order to play to opponents strengths and weaknesses</li><li><input type="checkbox"/> I can think of original ways to overcome opposition teams and the tactics they adopt</li><li><input type="checkbox"/> I can observe and analyse other pupils and comment on their abilities as a rugby player. I am able to pick out strengths and weaknesses in their game.</li><li><input type="checkbox"/> I can lead a warm up for others. Focusing upon a rugby match.</li><li><input type="checkbox"/> I understand that different types of fitness are needed for Rugby</li><li><input type="checkbox"/> I understand how rugby can benefit a person's health and fitness. I understand the benefit of eating healthy in rugby.</li><li><input type="checkbox"/> I can Referee/Coach Consistently from what I know about the laws/rules of the game and different techniques used</li></ul>

<p>LEVEL <b>7</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can take part in scrums, lineouts, rucks and mauls and can attack and defend, tackle, pass and kick and can perform all skills to a high standard.</li> <li><input type="checkbox"/> I do not make many unforced errors in a game situation.</li> <li><input type="checkbox"/> I can control the game through play and tactical decisions.</li> <li><input type="checkbox"/> I can focus the warm up onto a specific area of the game.</li> <li><input type="checkbox"/> I understand the importance of training and practice on performance</li> <li><input type="checkbox"/> I have sufficient knowledge of the game of rugby in terms of rules and technique to be competent at refereeing or coaching</li> <li><input type="checkbox"/> I understand how rugby can benefit a person's health and fitness.</li> <li><input type="checkbox"/> I understand the benefit of eating healthy to improve performance in rugby.</li> </ul>
<p>LEVEL <b>8</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can take part in scrums, lineouts, rucks and mauls and can attack and defend, tackle, pass and kick and can perform all skills to an excellent standard.</li> <li><input type="checkbox"/> I can adapt and maintain my technique for rugby depending on my position and regardless of different opposition/performers or changing circumstances without prior planning.</li> <li><input type="checkbox"/> I hardly ever make any unforced errors in a game situation and when others make errors I can tell them where and why they went wrong.</li> <li><input type="checkbox"/> I can observe other peoples technique and decide whether it is good or bad and then use this knowledge to improve my own technique or performance.</li> <li><input type="checkbox"/> With the teacher in close by I can referee in rugby matches</li> <li><input type="checkbox"/> I understand how rugby and sport impacts on my friendship groups and benefits my health and fitness and my mental well being.</li> <li><input type="checkbox"/> I can lead a small group to improve their skills and fitness in a rugby lesson.</li> </ul>
<p>LEVEL <b>EP</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can take part in scrums, lineouts, rucks and mauls and can attack and defend, tackle, pass and kick and can perform all skills to an excellent standard.</li> <li><input type="checkbox"/> I can adapt and maintain my technique for rugby depending on my position and regardless of different opposition/performers or changing circumstances without prior planning.</li> <li><input type="checkbox"/> I hardly ever make any unforced errors in a game situation and when others make errors I can tell them where and why they went wrong.</li> <li><input type="checkbox"/> I can observe other peoples technique and decide whether it is good or bad and then use this knowledge to improve my own technique or performance.</li> <li><input type="checkbox"/> With the teacher in close by I can referee in rugby matches</li> <li><input type="checkbox"/> I understand how rugby and sport impacts on my friendship groups and benefits my health and fitness and my mental well being.</li> <li><input type="checkbox"/> I can lead a small group to improve their skills and fitness in a rugby lesson.</li> </ul>