##### Ākonga Worksheet - Touch rugby – Task Two Review sheet. The following are a list of skills you may have learnt during this touch rugby unit. Add others you can think of.

What skills have you learnt during this touch rugby unit? Place a circle around the numbers which affect you. At least one per category.

| Physical Skills | Thinking Skills | Intrapersonal Skills | Interpersonal Skills |
| --- | --- | --- | --- |
| 1. Running with the ball. 2. Passing the ball backwards 3. Passing the accurately to the receiver 4. Rolling the ball correctly 5. Making a tag 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 1. Knowing when to pass. 2. Knowing the attack strategy that is being used. 3. Knowing the defence strategy that is being used. 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 1. Dealing with losing 2. Dealing with winning 3. Accepting that I don’t need to be the standout player (if sometimes I dominate the play) 4. Accepting that the team requires that I play to my best ability. 5. Accepting that I must contribute fully (if sometimes I don’t get involved) 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 1. Focusing on the positive and making encouraging comments 2. Smiling and trying to enjoy the activity 3. Cheering for my team members 4. Giving pats on back for good plays 5. Avoiding put down or patronising comments 6. Avoiding labeling people. 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| From the skills selected record (in the space below) one, from each category, which you found most challenging to apply. | | | |
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| In the space below state why you found this most challenging to apply? | | | |
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