

# YR7 Rugby

**LITERACY/NUMERACY:** Understanding of key terms regarding to Rugby. **Note: The PE assessment booklet focusses on the Components of Fitness in relation to Football– this should be periodically addressed by the teacher in preparation for the completion of the booklet at the end of the unit of learning.**



WK	Learning Aim	Content
1	<b>Ball familiarisation</b> To be able to perform fundamental rugby handling skills. To be able to perform these in a small sided game to maintain ball possession & outwit opponents. To develop their understanding and knowledge of the basic rules of rugby league.	Warm up – Student led, progressive jogging and dynamic stretching. Paired strength challenges. Press up position-take partners hands away & touch kness game. First to 5 points. Ball familiarisation and ball handling skills. Pairs; run out place ball on line (i.e. how to score a try) and run back + pop ball up. Dropping ball = forfeit. Develop onto small pass when returning back to partner. Emphasise passing from the waist, accuracy & control. 2v2 small games in 1 grid- tag tackle, 5 tackles and over. Highlight importance of placement of the ball to score a ‘try’.
2	<b>Intro passing &amp; receiving/ 2 vs 1</b> To be able to perform basic passing & receiving with accuracy. To be able to outwit opponents with the use of these techniques. To understand the rules regarding the pass and catching the ball (i.e. backwards pass and knock-ons). To perform skills in a small sided game making decisions about how best to advance on opposition.	Warm up – Student led. Recap prior learning – ball handling relays. Discuss passing on the move. Introduce idea of passing backwards. Passing in 2’s, 3’s, 4’s along a line with emphasis on passing backwards. 2v1 in a small channel-Ways to outwit an opponent: draw defender in and pass or fake pass. Develop to 4v2. Aim to create an overlap to score a try. 4’s small-sided games- Tag Tackle. Highlight importance of depth / Target / Running onto ball.
3	<b>Passing/Use of width.</b> To be able to outwit opponents using learnt skills and techniques. To understand the importance of width in order to attack. To demonstrate an understanding of the basic <i>rules i.e. no forwards pass + how to score a try</i> . To develop their understanding of strategic and tactical play in rugby to beat and outwit an opponent.	Warm up – Student led. Recap prior learning – whole class grid drill. 4 teams. 1 runs to middle + passes right & joins own queue. Running and release of the ball with active defenders. 2v1, 4v2 aiming to create an overlap. Introduce the ‘side step’ to give the attackers another option. In a 2v1 situation ball carrier can opt to pass or fake to pass and side step the defender. Small-sided games (5vs5)-recap rules- defenders 5 yards from restart, 5 tackles = possession over. Tag tackle.
4	<b>Tackling technique</b> To develop their understanding and knowledge of how to tackle safely. To perform and accurately replicate the correct techniques for front and side tackles. To understand the rules regarding tackling within the game. <i>i.e. No high tackling</i> . To be able to evaluate tackling technique and 2 v 1 situation suggesting ways to improve.	Warm up – Student led. Paired strength challenges. Introduce correct technique for tackling. Teacher demo. Teaching points; <i>i.e. Cheek to cheek, Target = waist and lower., keeping eyes on target, arms encircle the thighs, head and body position</i> . 1 v 1 Tackle Practice – Develop Kneel / Stand / Walk / Run. Run the Gauntlet; 3’s – 1 ball carrier, 2 tackles- one behind the other. Discuss the best ways to beat defenders. Dodge, use of speed or pass etc. Small-sided games (5vs5)-recap rules. Differentiate pitches. <i>i.e. some tag &amp; tackle games – pupil opt for 1.</i>
5	<b>Attacking/outwitting an opponent</b> To be able to outwit opponents using learnt skills and techniques. To develop the decision making process in a game situation. To confidently describe the rules and laws of rugby. To begin to recognize and identify strengths and weaknesses when playing small sided games.	Warm up – Student led. 1 v 1 in small grid- touch tackle. Try to beat and outwit partner to score a try using spins, dummies, sidesteps and changes of pace. Teaching points; assess opponents strengths. Progress onto tackling 1vs1. further development 2vs2-same space. Small-sided games (5vs5)-recap rules. Differentiate pitches. <i>i.e. some tag &amp; tackle games – pupil opt for 1.</i>

**Final Assessment**

End of unit assessments to take place during Week 6. Pupils to complete assessment booklet

**DIRT/FEEDBACK**

Feedback obtained during lesson. Lots of opportunity for self assessment and peer feedback; as well as teacher feedback.

**HOMEWORK**

Students to access snippets of Rugby games via you tube/ Six Nations. Opportunity for engagement in extra-curricular Rugby. Plan a drill to teach or develop a key skill in Rugby. Reflect upon your own personal health and fitness– how can you access the right amount of exercise as part of an healthy active lifestyle.

**SMSC and British Values**

Understanding of the body in relation to others and space. Communication skills through ideas and the implementation of rules as a coach or referee.

**PRESTWICH VALUES**

Work Ethic  
Respect  
Team Work  
Success  
Equality

<b>1</b>	Describe a pass.
	Demonstrate a pass.
<b>2</b>	Create successful scoring opportunities for yourself and others using passes
	Describe and demonstrate receiving a with some elements of success.
<b>3</b>	To make progress toward understanding some of the key rules of Rugby.
	Create successful scoring opportunities for yourself an others
<b>4</b>	To try a variety of attacking tactics
	To implement tackling into your games and to identify some rules with regard to tackling in rugby.
<b>5</b>	To have planned a warm up drill to get a small group active through rugby
	To identify and attempt 3 key pass and moves in rugby
<b>6</b>	To make decisions in games as to when to pass/run with the ball with growing confidence and success.
	Identify opportunities to outwit an opponent
<b>7</b>	Contribute towards the performance of my team and use my PE lesson to challenge my physical capabilities
	I know where I can access rugby beyond my PE lessons