

# YR8 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>Recap passing &amp; refine handling skills</b> To develop and replicate fundamental rugby handling skills. To be able to perform these in a small sided game to maintain ball possession & outwit opponents. To confidently describe the rules of rugby.	Warm up – Student led. Tug of war - develop strength + teamwork. Revise ball handling and ball carrying skills in small relay. Use pads- drive shoulder into pads and pass back to next in line. Progress to 2 vs 1 inside a channel. Revise ‘timing of the pass’ and effective support play. Small-sided games (4vs4)- Tag tackle. Recap rugby rules- defenders 5 yards from restart, Restart after tag with ‘play the ball’ & 5 tackles = possession over.
2	<b>Developing passing/ 4 vs 2</b> To understand and accurately replicate the scissors & miss pass, and how to receive it. To create and develop varying strategic ways of getting passed defenders.	Warm up – Student led. Recap prior learning – Auckland grid-run to centre of grid + pass right and follow. Repeat but to left. T.P’s; ball across body, accuracy & control. Highlight more advanced types of pass. 2 v 1, demo scissors & dummy scissors pass. Progress to 3 vs 1 - miss pass along the line. Discuss need to draw defender in to create space + running onto ball. Small-sided games (5vs5)-recap rules. Semi-contact rule. i.e. can grapple ball from pupils grip but no tackling.
3	<b>Develop tackling technique</b> To develop an understanding and knowledge of tackling technique. To replicate the correct technique on advancing opposition. To understand the safety aspects of rugby tackles. To understand the rules regarding tackling within the game.	Warm up – Student led. Paired strength challenge. Hands on shoulders -push partner over the line & grip each others hand – touch knees = 1 point. Recap correct technique for tackling. T.P’s; Cheek to cheek, arms wrap around legs, push and land onto. 1 v 1 Tackle Practice – Develop Kneel / Stand / Walk / Run. Run the Gauntlet; 1 ball carrier, 1 tackler. Both start outside channel- on whistle both run around cone and into gauntlet. Highlight ways to beat defenders. Reinforce correct decision making at tackle situation. Small-sided games (5vs5).
4	<b>Kicking</b> To be able to perform the correct kicking technique from the ground and out of hand with control and accuracy. To begin to combine the use of passing and kicking to outwit opponents. To understand when to use the kick and the advantages gained from it. To develop a confident understanding of the rules and laws of rugby.	Warm up – Student led. In pairs- 20m apart kick the ball to each other off a cone. Emphasis control and accuracy. 1 point for successful catch by partner. Experiment with kick out off hand. i.e. drop kick/punt. Discuss difficulties. Bounce, aim, chip and run. Small-sided games (5vs5) - Discuss kicking rules & when to use kicks to outwit opponents. Kick conversion after try is possible. Differentiated on ability. i.e. some tag & tackle games – pupil opt for 1.
5	<b>Tactical play/outwitting opponents</b> To develop knowledge and understanding of strategic play used to outwit opponents. To be able to change and refine tactics based on the analysis of certain plays and opposition. To confidently describe the laws of rugby and officiate parts of a game.	Warm up – Student led. Warm up- Union Jack drill – 6 pupils needed, one on each point– Pass one place right and run diagonal. 2 v 2. How many tries can pairs score in 30 Seconds. 4 v 2 in channel. 4 defenders use 1 rucking pad each- attackers beat each defender using dodges, side steps, spins or speed to outwit. Small-sided games (7 vs 7). Differentiate pitches. i.e. tag & tackle games – pupil opt for 1.
6	<b>Assessment</b> To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and tactical sequences. To show their knowledge and	Warm up – Student led. Paired strength challenges. Auckland grid warm up. Run to middle, contact with rucking pads = pass right, join own queue. Discuss assessment criteria and what to expect. Small-sided games (5vs5)-recap rugby rules.

**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 kicking into your games and to identify some rules with regard to kicking 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 attacking 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