



<p>This half term: Skills, Knowledge and Understanding to be developed:</p> <ul style="list-style-type: none"> • Students will be able perform a range of skills and apply principles to keep possession in a game • Students will know how to / why they should complete a thorough individual warm up • Students will understand some of the rules of rugby and adhere to them in a small sided game 		<p>Key Terms:</p> <p>Pulse raiser Grip Stretched Mobilisation</p> <p>High elbow Target Blood flow Injury</p> <p>Depth Backward pass Speed Timing</p> <p>Presentation Offside line Phases Ruck</p> <p>Cheek to cheek Band of steel</p>
<p>Lesson 1 Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Students will be able to handle the ball with the correct grip and carry technique 2. Students will know the components of a warm up suitable for rugby 3. Students will understand why is it important to warm up thoroughly before all physical activity. 	<p>Success criteria:</p> <ol style="list-style-type: none"> 1. <input type="checkbox"/> 2. <input type="checkbox"/> 3. <input type="checkbox"/> 	
<p>Lesson 2 Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Students will be able to catch and pass with correct technique accurately and consistently 2. Students will know how to complete a pulse raising activity to prepare for rugby 3. Students will understand why a pulse raising activity is important and how it effects the body 	<p>Success criteria:</p> <ol style="list-style-type: none"> 1. <input type="checkbox"/> 2. <input type="checkbox"/> 3. <input type="checkbox"/> 	
<p>Lesson 3 Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Students will be able to catch, pass and run as part of an attacking line showing depth of running and accurate passing 2. Students will know the basic passing rules of rugby and what happens when there is a forward pass 3. Students will know why it is important to mobilise joints and stretch muscles as part of a thorough warm up 4. Students will understand how to time their run as part of an attacking line to receive the ball at pace 	<p>Success criteria:</p> <ol style="list-style-type: none"> 1. <input type="checkbox"/> 2. <input type="checkbox"/> 3. <input type="checkbox"/> 4. <input type="checkbox"/> 	
<p>Lesson 4 Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Students will be able to present the ball in the 'long and strong' position correctly in practice and conditioned games 2. Students will know the basic offside rule, and where they need to stand in defence and attack 3. Students will understand why they present the ball in this position and how this breaks up the game into phases 4. Students will be able to discuss tactics in a small sided game evaluating strengths and weaknesses. (ORACY: 70C1) 	<p>Success criteria:</p> <ol style="list-style-type: none"> 1. <input type="checkbox"/> 2. <input type="checkbox"/> 3. <input type="checkbox"/> 4. <input type="checkbox"/> 	
<p>Lesson 5 Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Students will be able to perform correct tackle technique on standing and moving opponents 2. Students will know the key teaching points of the tackle to ensure safety and success 3. Students will understand how the tackle becomes the breakdown area in a game situation 	<p>Success criteria:</p> <ol style="list-style-type: none"> 1. <input type="checkbox"/> 2. <input type="checkbox"/> 3. <input type="checkbox"/> 	
<p>Lesson 6 Learning Outcomes:</p> <p>Students will apply and demonstrate new knowledge and skills in an end of unit rich task. This exam will be teacher assessed and therefore is subjective.</p> <p>RICH TASK</p> <ol style="list-style-type: none"> 1. Complete a thorough individual warm up 	<div style="border: 2px solid red; padding: 10px; width: fit-content; margin: auto;"> <p>Grade:</p> </div>	

All assessments within practical lessons will be ongoing. A final assessment will be completed through a rich task wherever possible in line with Curriculum guidelines. N.B. Due to the nature of the subject, lesson content may vary from that listed above.

2. Apply a range of skills and make correct decisions to keep possession in a small sided conditioned game		
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