

Scheme of Work: Rugby (Union)

Key Stage: 3	YEAR: 8	DURATION: 6 LESSONS
<p>AIM: Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with the intention of outwitting their opponents. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.</p>		
<p style="text-align: center;">PRIOR LEARNING</p> <p>It is helpful if the pupils have:</p> <ul style="list-style-type: none"> ➤ Learnt the basic principles of attack and defence. ➤ Worked in small teams to plan how to play ➤ Taken different roles in some games, including attacker and defender ➤ Used and kept rules and conventions for games 	<p style="text-align: center;">LANGUAGE FOR LEARNING/ICT/CITIZENSHIP</p> <p>Through the activities in this unit pupils will be able to understand, use and spell correctly word relating to rugby. Example principles of attack and defence, marking, tackling, scrum & line out. Opportunities for pupils to record rules and tactics using ICT. Watch video/compare professional game. Communication Speaking and Listening. Cooperation & working together</p>	<p style="text-align: center;">RESOURCES</p> <ul style="list-style-type: none"> • balls (sizes 3 and 4) • bibs or bands • markers, cones and goals • grid areas • mini-pitches <p>Information on local clubs</p>
Key Concepts and Processes:		
<p style="text-align: center;">Outwitting an opponent:</p> <p>Pupils will further develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to choose, combine and perform rugby skills more fluently, consistently and with greater accuracy in order to out opposition. Development, adaptation and refinement of the learnt skills will contribute to producing an improved performance.</p>	<p style="text-align: center;">Developing Physical and Mental Capacity</p> <p>Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use rugby to develop observation skills on peer performances, skills and techniques. Pupils will be encouraged to evaluate within the games how they are outwitting the opponents and reasons for basic strategic ideas. Ask questions about the effectiveness of these tactics.</p>	<p style="text-align: center;">Developing Skills/Performance</p> <p>Pupils will develop the basic principles of play when selecting and applying tactics for defending and attacking. Pupils will develop the skills necessary to outwit opponents. Passing, receiving, tackling and beating an opponent will be developed through small sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p>
<p style="text-align: center;">Making and Applying Decisions</p> <p>Pupils will learn to identify and recognise similarities in principles of attack and defence. Pupils will implement strategic and tactical decisions based on movement of the ball into space and choice of skill execution. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills.</p>	<p style="text-align: center;">Making Informed Choices About Healthy, Active Lifestyle</p> <p>Pupils will learn to prepare for and recover from exercise safely and effectively and to know the principles used. Pupils will recognise the benefits to their health of regular exercise and the benefits of being active. Suggest any rugby clubs within the school timetable and promote community links. To understand the type of fitness rugby players need to perform at a high level.</p>	<p style="text-align: center;">Evaluating and Improving</p> <p>Pupils will be able to use information gained from analysis of performance to influence and improve their own play. Peer observation and evaluation. Peer observation and evaluation. Suggest area for improvement. (Peer coaching, ‘what makes good’ questioning/demos & targeted differentiated questioning). Provide opportunities for pupils to assessment own performance.</p>
<p>Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)</p>		<p>Assessment: Q & A, Formative and summative assessment.</p>

Extension & Enrichment

Out of lessons, at home and in the community, pupils could be encouraged to:

- practise skills at home
- take part in school sport, either competitively or socially
- join clubs in the community and/or use local facilities
- watch live and recorded matches, to appreciate high-quality performance
- make up games that focus on improving technique and fitness
- read rule books and sports reports in newspapers and magazines

Language for learning

Through the activities in this unit pupils will be able to understand, use and spell correctly words relating to:

- tactics, *eg principles of attack and defence, finding and using space, changing speed, being direct, marking, covering, delaying, moving feet, watching the ball, following through*
- preparation, *eg warming up, cooling down*
- assessment, *eg collecting and analysing data*

Speaking and listening – through the activities pupils could:

- collaborate with others to share information and ideas, and solve problems

Expectations

After carrying out the activities and core tasks in this unit.

most pupils will: use a range of skills and techniques fluently and accurately; devise and carry out a range of different tactics and practices; work cooperatively in their groups, taking on a variety of roles within the group and the games played; recognise the similarities between the games played, applying and adapting tactics and skills effectively; identify what they need to do to improve, carry out and adapt ideas and suggestions given to them

some pupils will not have made so much progress and will: use a small range of techniques with some accuracy and consistency; make set responses with occasional variation; cooperate with others and participate in the activities in specific roles; carry out practices and ideas given to them by others to help improve their play

some pupils will have progressed further and will: take on a range of different roles and always have a strong impact; use skills with speed, accuracy and control; devise, carry out and adapt a wide range of strategies, tactics and ideas; take the lead and be careful to involve others; make good connections between ideas and structures in different games; respond quickly to new and changing situations and contexts; devise and develop practices to improve their own and others' play

WEEK	LEARNING OBJECTIVES	TASK EXAMPLES	POINTS TO NOTE/ DIFFERENTIATION
1	Recap passing & refine handling skills 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 union.	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 league rules-defenders 5 yards from restart, Restart after tag with ‘play the ball’ & 5 tackles = possession over.	All lessons start with rugby related warm-up and re-cap work of previous lesson. Make learning as active as possible
2	Developing passing/ 4 vs 2 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. To understand the rules of rugby union i.e. 5 tackles + play the ball. To perform skills in a small sided game with pressure from opposition.	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.	Give opportunities to plan tactics Research rules on internet
3	Develop tackling technique 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 ontop. 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).	Tasks set to cater for levels of ability Number of touches Distance from target
4	Kicking 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 league.	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.	Size of practice area Size of target
5	Tactical play/outwitting opponents 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 league 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	Assessment 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 understanding of the rules in rugby. Further development-Inter house/form rugby comp.	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 league rules. Differentiated on ability. i.e. tag & tackle games – pupil opt for 1. Teacher grades against NC levels	