

Rugby Curriculum outline

Year 7	Year 8	Year 9	KS4
Handling. 10 points of contact. Passing. (1,3) Ad	Handling. Passing drills, Passing in walking touch games. (1,2,3) A	Handling. More complex passing drills. Passing in walking touch games. (1,2,3) A	Handling. Passing in running touch games. (1,2,3)
Support play. Running on the ball carrier's shoulder. (1,3) C H: Speed and how to improve it.	Support play. Adapted games, running on the ball carrier's shoulder. (1,2,3) D H: Speed, agility and reaction time	Support play. Games. Putting running on ball carriers' shoulder into gameplay. (1,2,3) D H: What are the physical benefits of rugby	Support play. Demonstrate support play during game situation. (1,2,3) H: How to improve speed and strength
Tackling technique. Wrestling games. (1,3) B	Tackling technique. Tackle bags. (1,2,3) B	Tackling technique. Tunnel game. Walking matches. (1,2,3) B	Tackle technique. Running matches. (1,2,3)
Play the ball when tackled. Standing square. (1,3) B	Onside /offside at play of ball. (1,2,3) C	Game situations. Play the ball at tackle and staying onside. (1,2,3) C	Game situations. Correct play of ball. 6 tackles. (1,2,3)
Decision Making. Hold or pass.	Decision making. Hold or pass	Decision making. Hold or pass	Decision making.

(1,2,3) D	during adapted games. (1,2,3) E	during small side games. (1,2,3) E	Hold or pass during a full game. (1,2,3)
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Key concepts: (referenced by a number above for lessons)

These will be taught through football and have been referenced in the curriculum map. The knowledge in these 3 areas will develop over time.

1. Motor competence- students will develop coordination (hand-eye) in order to pass and receive the ball.
2. Rules, strategies & tactics- students will develop an understanding of the rules in rugby, apply strategies to outwit an opponent, attack and defend as a team and use tactics and formations to perform better as a team.
3. Healthy participation- students will develop their aerobic endurance, speed and agility through participating in Rugby. Lessons will increase HR in the ST, and this will have a positive impact on health in the LT. For some student's participation in lessons will encourage students to attend extra-curricular clubs at school and even play Rugby outside of school.