

Year 7/8/9 Curriculum Area – Website offer – Rugby

What concepts will we be covering this half term?

**All year groups**

**Develop basic skills, knowledge and understanding of rules.**

**Observe performance in practices/games. Observe/question understanding of rules**

**Skills for each year group to develop:**

**Y7**

**Passing, carrying, tackling techniques.**

**Y8**

**Passing, carrying, tackling, box kicking.**

**Y9**

**Passing, carrying, tackling, different kicking options.**

What resources can you use to support your learning?

[Mini Rugby Tackle Progression - YouTube](#) – tackling technique (don't perform, just watch)

[Partner Passing session 10min | @rugbybricks - YouTube](#) - passing drills

[SPEED AGILITY QUICKNESS \(SAQ\) DRILLS AND TRAINING - YouTube](#) - carrying/footwork

[Rugby Drop Kick | @rugbybricks | Peter Breen - YouTube](#) - how to drop kick in rugby

[Rugby for beginners: a guide to the rules of rugby union - YouTube](#) basic rules of rugby

<p>Tasks to complete so we can assess your understanding/ Key Performance Indicator tasks</p>	<p><b>Task 1 -</b>  <b>Use the you tube clips to learn the skills and then try to practice each skill (one skill per week) - if you don't have a rugby ball, use any type of ball you can find - you can even use a pair of rolled up socks. (4 weeks)</b></p> <p><b>Written task to do if you are unable to do the practices or if you want to do both.</b>  <b>Create a powerpoint/poster/ podcast to demonstrate your understanding of the below key terms in relation to rugby:</b></p> <p><b>Key Terms</b>  <b>Y7 - tackle, ruck, maul</b>  <b>Y8 - recycle, drop-kick, power-tower.</b>  <b>Y9 - scrum, tap tackle, grubber kick</b></p> <p><b>Task 2 - Demonstrate understanding of the rules of the game of rugby (1 week)</b>  <b>Create a powerpoint/ rules booklet /poster on the main rules of rugby.</b></p> <p><b>Task 3 - Identify areas of improvement in your own or someone else's performance in rugby. (1 week)</b></p> <p><b>Either consider your own performance of each of the skills you have performed in the term as well as your previous experience of playing the full game or find a you tube clip of a game and choose a player to analyse. Consider the below questions:</b></p> <p><b>What are the key skills in rugby? Which key skills and techniques in rugby are my strengths and how do they effect the game? Which key skills and techniques in rugby are my weaknesses and how do they effect the game? What methods could I use to improve my own performance in rugby? What type of practices could I use?</b></p> <p><b>Task 4</b></p> <p><b>Strength training for rugby</b></p> <p><b>Use the fitness tasks set on Show My Homework to carry out strength training required for rugby.</b></p>
<p>What can you do if you need help/ support?</p>	<p><b>Check the notices for anything from PE</b>  <b>Email your teacher</b>  <b>Message your teacher on show my homework</b>  <b>Look at the you tube clips</b></p>