



### Subject: Rugby - Year 7

#### Overarching Topic:

Why is this topic being studied at this time?

How does it fit into the wider subject curriculum?

#### Overview

**Intent:** Our intent is for the students to become physically literate, inquisitive, creative and risk-taking students of the game. The sport of rugby provides students with a range of opportunities to develop their proficiency in a range of physical skills, alongside the key values of the sport; sportsmanship, teamwork, discipline, enjoyment and respect. Rugby is one of Ravens Wood's core sports with an extensive tradition that we are incredibly proud of. Being one of the only comprehensive schools in the borough to compete in block fixtures on Saturday mornings, students receive unparalleled opportunities to succeed within the sport. The culmination of the learnings from these early lessons is that students are presented with the life-changing opportunity to take part in a range of international tours across Europe and the Southern Hemisphere.

**Ultimate questions:** This unit of work will provide students with the knowledge and skills that will provide the foundations for their entire journey within Physical Education and sport at Ravens Wood School. Through a holistic approach, students will learn the rules, values, tactics and traditions of the sport. This will link to the intent of creating true students of the game, who will develop a life-long love of physical activity. This module introduces students to the key facets of Physical Education; acquiring and developing skills, selecting and applying appropriate skills and tactics and evaluating and improving their own and other performances.

#### Joining Up

#### Looking ahead:

- 'What are the key skills and why do you need to know them?' – students will be introduced to the key skills in the game and will be taught how and when to apply these in a safe manner
- 'What are tactics and why are they important?' – students will be challenged to think tactically across a range of situations and will be encouraged to explore the reasons behind different tactical approaches
- 'How do we achieve success as individuals and teams?' – students will be encouraged to become reflective and analytical learners by evaluating their own and the performance of others and justifying suggestions for improvement

#### Looking back:

- This unit of work builds on the various curricula across our feeder schools

	Critical	Core	Pinnacle
<b>The Big Questions</b> (What questions will students be able to answer upon mastery of the topic?)	<p><b><i>'What are the key skills and why do you need to know them?'</i></b></p> <p><b><u>Acquiring and developing skills</u></b></p> <ul style="list-style-type: none"> <li>To improve the consistency, quality and use of skills in the games played.</li> <li>To adapt and develop their skills.</li> <li>To apply more specific techniques in the activities undertaken.</li> </ul>	<p><b><i>'What are tactics and why are they important?'</i></b></p> <p><b><u>Selecting and applying appropriate skills &amp; tactics</u></b></p> <ul style="list-style-type: none"> <li>To organise themselves as a team and select and apply strategies consistently and effectively</li> <li>To adapt strategies and tactics used in one game and apply them to a different one</li> </ul>	<p><b><i>'How do we achieve success as individuals and teams?'</i></b></p> <p><b><u>Evaluating and improving their own and other performances</u></b></p> <ul style="list-style-type: none"> <li>To make effective evaluations of strengths and weaknesses in their own and others' performance</li> <li>To make suggestions to improve play, <i>eg on attack and defence tactics</i></li> </ul>
<b>The Key Skills/ Techniques</b>	<b>The sophistication and application of skills will become more advanced as students' progress through the critical, core and pinnacle knowledge.</b>		
	<b>Skill/Technique</b>	<b>How will this skill be developed?</b>	
	<ul style="list-style-type: none"> <li>Use an increasing range of personal techniques consistently, accurately and fluently while playing small-sided games</li> <li>Adapt skills to different situations</li> </ul>	<ul style="list-style-type: none"> <li>Ask pupils to play small-sided versions of the selected game, keeping the rules and organising themselves into teams with positions and roles.</li> <li>Help pupils consolidate the basic techniques and teach new techniques. Explore ways in which pupils anticipate the flight or movement of the ball and learn the importance of feints and acceleration when trying to outwit an opponent</li> <li>Help pupils investigate techniques employed when attacking, <i>eg control and protection of the ball, progression and shot</i>, and consolidate defensive techniques, <i>eg mark, cover, intercept and tackle</i>.</li> </ul>	
<ul style="list-style-type: none"> <li>Organise themselves as a team to attack and defend and play in different positions</li> <li>Select and use a range of tactics and strategies and apply them successfully in</li> </ul>	<ul style="list-style-type: none"> <li>Introduce and demonstrate patterns of play in attack and defence, and teach the pupils how to make decisions about when and where to pass.</li> <li>Help pupils explore the basic principles of attack, <i>eg width, speed and support to keep possession and make progression</i>, the basic principles of defence, <i>eg delay, denial of space, pressure and cover to regain possession</i>, and the skills and techniques to put the principles into operation. Help the pupils to recognise patterns of play.</li> </ul>		

	<p>different games</p> <ul style="list-style-type: none"> <li>• Explain the similarities between the different invasion games played</li> </ul>	<ul style="list-style-type: none"> <li>• Help pupils consolidate their understanding of simple tactics and explore the way these tactics can be adapted to small-sided games.</li> <li>• Facilitate pupils tactical analysis in order to adapt their tactics to the current invasion game.</li> <li>• Ask pupils to explore simple game plans that increase the chances of successful outcomes in attack and defence.</li> </ul>
	<ul style="list-style-type: none"> <li>• Explain the range of decisions they have to make in a game</li> <li>• Identify their own and others' strengths and weaknesses</li> <li>• Implement practices to improve their performance</li> <li>• Identify aspects of technique that require practice and improvement</li> <li>• Assess and comment on the ways in which they can improve, <i>eg attack and defence tactics</i></li> </ul>	<ul style="list-style-type: none"> <li>• Pupils to analyse their own and others' strengths and weaknesses and to identify aspects of technique that need to be improved. Teach them how to 'read' a game.</li> <li>• Assist pupils explore different ways of observing and analysing performance and recognise what is effective and what needs improving.</li> <li>• Introduce methods of training to improve different components of fitness in order to improve performance.</li> <li>• Provide more depth pupils knowledge of rules and laws and develop their ability to officiate small-sided games.</li> </ul>
	<ul style="list-style-type: none"> <li>• Explain what they need to do to improve their own fitness level.</li> <li>• Identify areas of fitness most needed in the games, and explain how involvement in these games contributes to their fitness, health and wellbeing.</li> <li>• Carry out warm-up and cool-</li> </ul>	<ul style="list-style-type: none"> <li>• Teach pupils to use simple criteria to judge the effectiveness of their own and others' basic forehand, backhand and overhead shots, <i>eg was it accurate enough, high enough or hard enough to make it difficult for the opponent?</i> Help them to recognise and comment on the backswing, contact and follow-through phases.</li> <li>• Teach pupils to use simple game analysis techniques to judge the effectiveness of combinations of shots, <i>eg plot where one player's shots go in a competitive rally, or record the different types of shot used in a rally.</i></li> <li>• Teach pupils to devise a practice that helps improve the accuracy and consistency of a particular shot. Help them to practise in both cooperative and competitive situations.</li> </ul>

down routines safely.

- Select and incorporate stretching exercises which are suitable for the game and their own needs.