

Rugby

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).

Pass accurately to partner in an isolated practise

Pass accurately to a partner with who is on the move in an isolated practise

Pass accurately to a team mate when under pressure (game play)

Pass accurately to a team mate on both sides of your body whilst under pressure.

Passing

Catch the ball and carry the ball in two hands in an isolated practice.

Run with the ball at some speed into a space in a practice situation

Attack 1 v 1 with some success in practice situations

Attack at speed creating 1 v 1 situations in game play with some success

Apply attacking formations in game play to provide support to outwit the opposition

Attacking

Can position themselves appropriately to tag an opponent in isolated practices.

Applies defensive formations in a small sided practice.

Stays 'on side' when defending

Demonstrates correct tackling technique in a 1 v1 isolated practice.

Applies correct tackling technique with some success during game play.

Consistently tackles with correct technique and applies defensive formations during game play.

Defending

Can present the ball correctly when tackled in isolated practices.

'Ruck over' in the correct body position to secure the ball in isolated practices

Demonstrate a specific role in a ruck in practice

Demonstrate their role in a ruck to secure and offload the ball in a game

Rucks effectively to secure the ball under pressure and maintains an attack in games.

Rucking

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<p><u>Passing</u></p> <ul style="list-style-type: none"> - What is the correct technique of passing? - Where should your team mate receive the ball - How many hands should you have on the ball? - When should you pass in a game? 	<p><u>Tackling</u></p> <ul style="list-style-type: none"> - What body part contacts the opponent first? - What should you do with your arms/hands? - Where should your head be? - Why do we tackle the legs? - Why is it important to drive forward when making a tackle? 	<p><u>Rucking</u></p> <ul style="list-style-type: none"> - When is a ruck formed? - Why is it important to present the ball correctly? - Why is it important to 'bridge' over the ball? - Why is it important to support the ball carrier in a game? - Why is it important to secure and offload the ball quickly in a game? 	<p><u>Game play – rules and regulations</u></p> <ul style="list-style-type: none"> - What is the official called? - Which directions are we allowed to pass? - Where are you not allowed to contact when making a tackle? - How is a ruck formed? - How is a game started? (tap and go) - How is the game restarted when the ball goes of the side? (Free pass/Tap and go) - Why would your tactics change when attacking or defending? - What tactics could you use when attacking or defending?
<p><u>Attacking</u></p> <ul style="list-style-type: none"> - Who is the attacking team in rugby? - What do you do to support your team mate that has the ball? - How can we use space effectively when attacking? - What formations could you use when attacking? - Why is rucking important when attacking? 	<p><u>Defending</u></p> <ul style="list-style-type: none"> - What shape should you and your team be in when defending? - Why is it important to stay in a defensive line? - What is the offside rule? - How do we stay onside? - Why do you need to stop the ball carrier from running? - Why do you need to work as a team when defending? 	<p><u>Possession</u></p> <ul style="list-style-type: none"> - What is possession? - Why is possession important? - How do you keep possession? - Why is creating space important to maintaining possession? - When should you pass to keep possession? - How can you regain possession of the ball in rugby? 	<p><u>Key terminology</u></p> <ul style="list-style-type: none"> - Pass and receive - Offload - Attack and Defend - Tackle - Ruck - Offside - In Touch - Defensive line - Attacking line - Penalty - Team mates

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