


Bilton School – Planning for progress over time. Rugby

Intent –• Develop your confidence to excel in the game of Rugby, enable you to be physically active for prolonged periods of time for health benefits, Provide competition to compete against your peers in games of Rugby, use a range of tactics and strategies to overcome opponents in direct competition through

IMPLEMENTATION	Year 7					Year 8					Year 9					Year 10					Year 11								
	 <p>Big Picture- Understand basic skills and rules of the game of rugby, including conditioned games to develop the sense of outwitting an opponent.</p>					<p>Big picture- Develop positional and tactical play to outwit opponents during direct competition.</p>					<p>Big Picture- To develop knowledge of rules and set plays to outwit opponents.</p>					<p>Big Picture- To master skills, techniques and tactics and strategies to overcome opponents.</p>					<p>Big Picture- to develop all round learners with the use of Sport Education with the development of a team mentality.</p>								
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5				
L1 – Passing	L2 – Tackling	L1 - Assessment Lesson 1	L1 – Running with the ball	L1 – Catching a high ball	L1 – Passing – Lateral and Spin	L2 – Tackling – Front/side	L1 - Assessment Lesson 1	L1 – Running with the ball	L1 – Catching a high ball	L1 – Passing – Lateral and Spin	L2 – Tackling – Front/side	L1 - Assessment Lesson 1	L1 – Running with the ball	L1 – Catching a high ball	L1 – Passing – Lateral and Spin	L2 – Tackling – Front/side	L1 - Assessment Lesson 1	L1 – Lineouts	L1 – Scrums	L1 – Passing – Lateral and Spin	L2 – Tackling – Front/side	L1 - Assessment Lesson 1	L1 – Lineouts	L1 – Scrums					
L2 – Offloading	L2 – Rucking	L2 – Mauling	L2 – Kicking	L2 – Assessment Lesson 2	L2 – Offloading – Before/After contact	L2 – Rucking – ball present/clear out	L2 – Mauling – ball present	L2 – Kicking – punt/grubber	L2 – Assessment Lesson 2	L2 – Offloading – Before/After contact	L2 – Rucking – ball present/clear out	L2 – Mauling – ball present	L2 – Kicking – punt/grubber	L2 – Assessment Lesson 2	L2 – Offloading – Before/After contact	L2 – Rucking – ball present/clear out	L2 – Mauling – ball present	L2 – Kicking – punt/grubber	L2 – Assessment Lesson 2	L2 – Offloading – Before/After contact	L2 – Rucking – ball present/clear out	L2 – Mauling – ball present	L2 – Kicking – punt/grubber	L2 – Assessment Lesson 2					
End Points					<p>At the end of the year 7 Rugby unit students will be able to:</p> <ol style="list-style-type: none"> 1. passing (lateral) with some accuracy 2. Offloading (before contact) 3. Tackling (front) with some accuracy 4. Rucking (ball presentation) with some accuracy 5. Catching (high ball) with some accuracy 6. Mauling (ball presentation) with some accuracy 7. Kicking (punt) with some accuracy 8. Running with the ball with some accuracy (evasion) <p>Leadership Roles: (officiating and therefore effectively understanding the application and sanctioning of the following rules)</p> <ol style="list-style-type: none"> 1. Scoring Systems 2. Forward Passes 					<p>At the end of the year 8 rugby unit students will be able to demonstrate:</p> <ol style="list-style-type: none"> 1. passing (lateral, spin) with accuracy 2. Offloading (before/after contact) with accuracy 3. Tackling (front, side) with accuracy 4. Rucking (ball presentation/clear out) with accuracy 5. Catching (high ball) with accuracy 6. Mauling (ball presentation/binding) with accuracy 7. Kicking (punt, grubber) with accuracy 8. Running with the ball (evasion – side-step) with accuracy <p>Leadership Roles: (officiating and therefore effectively understanding</p>					<p>At the end of the year 9 rugby unit students will be able to demonstrate:</p> <ol style="list-style-type: none"> 1. Consistent passing (lateral, spin) with accuracy 2. Consistent Offloading (before/after contact) with accuracy 3. Consistent Tackling (front, side) with accuracy 4. Consistent Rucking (ball presentation/clear out) with accuracy 5. Consistent Catching (high ball) with accuracy 6. Consistent Mauling (ball presentation/binding) with accuracy 7. Consistent Kicking (goal kicking, punt, grubber) with accuracy 8. Consistent Running with the ball (evasion – side-step or swerve) with accuracy 					<p>At the end of the year 10 rugby unit students will be able to demonstrate (in addition to previous End Points):</p> <ol style="list-style-type: none"> 1. A wide range of passing (lateral, spin) with accuracy 2. A wide range of Offloading (before/after contact) with accuracy 3. A wide range of Tackling (front, side) with accuracy 4. A wide range of Rucking (ball presentation/clear out) with accuracy 5. A wide range of Catching skills with accuracy 6. A wide range of Mauling skills (ball presentation/binding) with accuracy 7. A wide range of Line-out work (as per position: binding, jumping, throwing) with accuracy 					<p>At the end of the year 11 rugby unit students will be able to:</p> <ol style="list-style-type: none"> 1. Consistently demonstrate A wide range of passing (lateral, spin) with accuracy 2. Consistently demonstrate A wide range of Offloading (before/after contact) with accuracy 3. Consistently demonstrate A wide range of Tackling (front, side) with accuracy 4. Consistently demonstrate A wide range of Rucking (ball presentation/clear out) with accuracy 5. Consistently demonstrate A wide range of Catching skills with accuracy 6. Consistently demonstrate A wide range of Mauling skills (ball presentation/binding) with accuracy 				

		<p>the application and sanctioning of the following rules)</p> <ol style="list-style-type: none"> Scoring Systems Forward Passes 	<p>Leadership Roles: (officiating and therefore effectively understanding the application and sanctioning of the following rules)</p> <ol style="list-style-type: none"> Scoring Systems Forward Passes Offsides 	<ol style="list-style-type: none"> A wide range of Kicking (goal kicking, punt, grubber) with accuracy A wide range of Running with the ball skills (evasion – side-step or swerve) with accuracy A wide range of Scrummaging skills (as per position: binding, drive, hook) with accuracy <p>Leadership Roles: (officiating and therefore effectively understanding the application and sanctioning of the following rules)</p> <ol style="list-style-type: none"> Scoring Systems Forward Passes Offsides Awarding penalties 	<ol style="list-style-type: none"> Consistently demonstrate A wide range of Line-out work (as per position: binding, jumping, throwing) with accuracy Consistently demonstrate A wide range of Kicking (goal kicking, punt, grubber) with accuracy Consistently demonstrate A wide range of Running with the ball skills (evasion – side-step or swerve) with accuracy Consistently demonstrate A wide range of Scrummaging skills (as per position: binding, drive, hook) with accuracy <p>Leadership Roles: (officiating and therefore effectively understanding the application and sanctioning of the following rules)</p> <ol style="list-style-type: none"> Scoring Systems Forward Passes Offsides Awarding penalties
Key Vocabulary/ Literacy	Rucking Mauling offloading	Rucking Mauling offloading	Rucking Mauling offloading	Rucking Mauling Offloading Scrum Lineout	Rucking Mauling Offloading Scrum Lineout
Connected Knowledge within PE.	<p>V CERT Health and Fitness Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise. BTEC Sport Level 3 Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise. A Level PE Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise.</p>	<p>V CERT Health and Fitness Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise. BTEC Sport Level 3 Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise. A Level PE Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise.</p>	<p>V CERT Health and Fitness Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise. BTEC Sport Level 3 Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise. A Level PE Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise.</p>	<p>V CERT Health and Fitness Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise. BTEC Sport Level 3 Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise. A Level PE Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise.</p>	<p>V CERT Health and Fitness Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise. BTEC Sport Level 3 Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise. A Level PE Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise.</p>
Spiritual, Moral, Social and cultural.	<p>Use of the imagination and creativity in their learning Willingness to reflect on their experiences, both within and outside of school Ability to recognise the difference between right and wrong and their readiness to apply this understanding to their own lives Showing understanding of the consequences of their actions Willingness to participate in a variety of social settings, including charity events and cooperating well with others and being able to resolve conflicts effectively Willingness to participate in, and respond to sporting opportunities</p>				
British Values	<p>Physical education will be a valuable tool, pupils will learn the importance of the British values and how it can help shape their lives within the school community and leading into later life. Democracy – Pupils will learn to work as a team and cooperate with each other to be successful. Allowing freedom of speech, whilst upholding the school values. Rule of law – Pupils will consistently play by the rules and recognise why we have fair play. Pupils will be accountable for their actions. Tolerance of different cultures and religions Mutual respect – Pupils will learn to work together respectfully, regardless of differences. Creating a positive and inclusive school culture, showing the school values. Individual liberty – Pupils learn about their own rights, as well as the rights of others. Learn about responsible decision making and the impact this will have on others.</p>				

<p>Cultural values</p>	<ul style="list-style-type: none"> • Develop understanding of the importance of maintaining good health and diet. The three different types of health. • Explore what the term 'wellbeing' means. The different types of wellbeing. • Develop an understanding around factors which can impact on mental health and wellbeing, such as the social benefits of participating and socialising through team sports. • Encourage to get involved with wellbeing events and charity events at school or within the wider community including extra-curricular clubs – socialising with others in sport outside of sport, setting goals to improve and achieve, to boost self-esteem. 	<ul style="list-style-type: none"> • Articulating informed and balanced opinions whilst participating as part of a team, while being respectful to all – other members of a sports team may have a difference in opinion, how you manage that is essential towards success. • Becoming involved in citizenship whole school/character and culture events or in wider extra-curricular activities – taking part in school competitions to earn points towards house totals. <p>Demonstrate their understanding of physical and mental health and wellbeing – the benefits of exercise and working as part of a team – weight loss, feeling better about yourself, boosting self-esteem, self-confidence.</p>	<ul style="list-style-type: none"> • Forming an informed opinion, while showing respect for other's beliefs and values who are part of your team or just participating in the same sport as you. <p>Understand what positive relationships are – building relationships through team sports. What is the common link – between relationships with team mates in sport and those you interact with in or outside of sport?</p>	<ul style="list-style-type: none"> • Understand about positive relationships and wellbeing – how does this translate over to sport? • Encouraging relationships that foster trust and respect – working with others that you wouldn't normally choose to, in order to achieve a common goal in sport. • Sharing, encouraging and setting boundaries to promote safety and wellbeing – through healthy competition in competitive team sports. 	<ul style="list-style-type: none"> • Demonstrate an understanding of what is meant by 'good' health and physical & mental wellbeing and the role that exercise and physical activity can play in maintaining it. <p>Evaluating how we can develop our levels of physical, mental health and wellbeing through sport and exercise.</p>
<p>Impact</p>	<p>Links to NCPE of assessment and evaluation of own and peers skills. Links to NCPE with Use a range of tactics to overcome opponents.</p>				