



In this unit pupils will develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence. When defending, pupils learn how to tag, how to track and slow down an opponent, working as a defensive unit. They will play collaboratively in both uneven and then even sided games. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition.

Key Vocabulary

Forward Pass
Dodge
Tackle
Defend
Dummy
Off side

Key Points of Learning

To develop attacking principles, understanding when to run and when to pass
To use forward pass and off side rules
To play games using the tagging rules
To develop dodging skills to avoid a defender
To develop drawing a defender and knowing when to pass
To use skills and knowledge to play a game of tag rugby.

Useful Websites

https://rise.articulate.com/share/bupRJOW9u4Q0PfPAu_JpZHZWjifRMc-H#/lessons/BU1RWcSu9qF-MN42SO_u12y171mk7bw

[BBC PE](#)

