












## Year 10/11 Topic Overview – Rugby

### Know it!

	Knowledge	Date
	I can pass and receive the ball in a variety of ways and under pressure.	
	I can spin pass accurately over various distances off both hands.	
	I can understand the rules and tactics of a scrum and lineout.	
	I can apply previous knowledge of rucking, mauling, and bridging to competitive situations.	
	I can kick the ball using: 'place', 'punt', 'drop', 'spiral' and 'grubber' kicks.	
	I can apply the 'laws' of rugby successfully to a 15v15 match.	
	I can describe how the body adapts and benefits from playing rugby regularly.	
	I can take responsibility for leading a group warm up ready for rugby.	
	I can apply my knowledge of rugby laws to improve my own and others performance.	
	I am hardworking, resilient and like to challenge myself to improve.	
	I respect team mates, opponents and officials during a rugby match.	

### Prove it!

<b>Head</b> Knowledge	I display excellent <b>understanding</b> of skills, techniques and rugby laws to <b>improve</b> my own and others <b>performance</b> .	
<b>Heart</b> Confidence	I am a <b>positive role model</b> by demonstrating <b>commitment</b> in rugby and showing <b>respect</b> to others.	
<b>Hands</b> Physical Ability	I can demonstrate <b>consistent precision, control</b> and <b>fluency</b> with an extensive <b>range of skills</b> throughout a longer <b>competitive</b> match.	

### Link it!

I can transfer skills and understanding from Rugby to other invasion games.
I can transfer aspects of Knowledge, Confidence & Physical Ability from one activity to another.
Improved confidence will help me to take on responsibility and be more resilient.
I am aware of further opportunities to be involved in Rugby outside of lessons.

### Say it!

Vocabulary	
<b>Adaptations</b>	My body's <b>physiological responses</b> to training, exercises or increased load.
<b>Performance</b>	My <b>performance</b> is measured through a complex mixture of biomechanical, technical and emotional factors.
<b>Resilient</b>	My ability to <b>withstand</b> or recover quickly from new or challenging conditions.
<b>Respect</b>	I show due <b>respect</b> for others feelings, abilities, qualities and achievements.
<b>Under Pressure</b>	I demonstrate skills learnt in a more <b>competitive match-like condition</b> .
<b>Scrum</b>	We restart play after minor infield infringements with a <b>scrum</b> (8v8).
<b>Lineout</b>	We restart play after the ball has gone into touch with a <b>lineout</b> (side-line).
<b>Place Kick</b>	I can kick at goal from a tee ( <b>place</b> ) for a penalty (3 pts) or conversion (2 pts).
<b>Punt Kick</b>	I <b>punt</b> the ball from hands into touch or deep into opposition territory.
<b>Drop Kick</b>	I use a <b>drop-kick</b> for restarts or 3 pts during open play, the ball is dropped from hands and must be kicked as it makes contact with the floor.
<b>Spiral Kick</b>	I use a <b>spiral kick</b> to gain ground quickly/accurately. AKA – <b>Torpedo kick</b> .
<b>Grubber Kick</b>	I use a <b>grubber</b> for short, straight ground kicks along the ground. AKA – <b>End-over-end kick</b> .