

## Physical Education

### Level 3

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| <b>Topic:</b>     | <b>Outdoor Team Games</b>   |
| <b>Sub-Topic:</b> | <b>Rugby</b>  |
| <b>Overview:</b>  | <p>This unit is designed to develop the students' practical ability and knowledge in rugby. Knowledge will be based around both the technical and tactical elements of this activity with consideration given to the importance of teamwork, decision making, communication and knowledge of the rules. Students will explore all these elements with a view to improving their performance. Students will also have the opportunity to further develop their performance through attendance at Extra-curricular rugby sessions.</p>  |
| <b>Content:</b>   | <p><b>Technical Skills</b> - Through the teaching of the technical skills the following aspects will be considered:</p> <ul style="list-style-type: none"><li>• Speed, power and accuracy</li><li>• Weight and angle</li><li>• Timing and control</li><li>• Direction, flight and trajectory</li><li>• Deception and disguise</li><li>• Appropriate decision making/options during game play</li><li>• Attacking and defensive options</li></ul> <p><b>Evasion</b></p> <ul style="list-style-type: none"><li>• Identifying space through scanning</li><li>• Creating/exploiting space through good footwork</li><li>• Changes in direction - sidesteps, swerve</li><li>• Running into the space with ball in 2 hands- identifying a gaps in defence</li><li>• Support ball carrier</li><li>• Acceleration/deceleration away from the defender</li></ul> <p><b>Handling Skills - Receiving the ball</b></p> <ul style="list-style-type: none"><li>• Call for the pass</li><li>• Keep eyes on the ball throughout</li><li>• Hand catch - reach both hands towards target with fingers spread to make 10 point contact</li><li>• Grab ball as early as possible away from chest</li></ul> <p><b>Handling Skills - Passing (pop, pendulum, spin, scrum half clearing pass)</b></p> <ul style="list-style-type: none"><li>• Look at the receiver</li><li>• Aim pass towards target</li><li>• Pass in front of receiver</li><li>• Select the correct weight of pass for situation</li><li>• Hands and hips follow through towards target</li><li>• Pass off both hands</li><li>• Alignment/realignment in attack (depth)</li></ul> <p><b>Defence Principles</b></p> <ul style="list-style-type: none"><li>• Deny/restrict space - spacing and width of defenders</li><li>• Applying pressure - line speed</li><li>• Timing and patience</li></ul> |

**Tackle Technique - Safety & Technique** - Tackle techniques will be built up in appropriate progressive stages.

- Track movement of ball carrier and get feet close in
- Prepare for contact - strong, stable and low body position
- Keep eyes on the ball carrier and position head in the correct place
- Target and make contact with shoulder on ball carrier's thigh - below waist tackle
- Squeeze arms tight around ball carrier's legs
- Drive ball carrier to the ground
- Release ball carrier once on the ground
- Get back to feet quickly and contest possession

#### **Breakdown - Safety & Technique**

Understanding of role at breakdown - attacker, bullet, clearer, decision maker

- Attacker - maintain forward momentum, decide to offload or set up ruck, present ball as far away as possible from defending team (long & narrow)
- Bullet - win the race to get over ball, enter through "gate", accurate clear out getting under opponents chest, go beyond ball
- Clearer - enter through "gate", further secure breakdown by clearing any other defenders or bridge
- Decision Maker - scan defence and select option of pick & go or pass

#### **Set Piece - Scrum, Lineout, Kick-off**

- Scrum - formation (head position), body position (straight back, drop hips, looking through eyebrows, strong base, bind position on back)
- Lineout - formation, throw from hooker, jump and catch
- Kick-off - positioning for and against

#### **Decision Making**

- Identify where the space is (scan)
- Select best option (run or pass)
- Make successful decisions when faced with an overlap (2v1, 3v2)

#### **Communication**

- verbal - calling for a pass, identifying who to tackle
- non-verbal - arm/hand gestures

#### **Tactical Development**

- formations
- positional knowledge
- roles & responsibilities
- width/depth/delay
- cooperation

#### **Rules**

- formal rules - forward pass, knock on, offside, foul play
- informal rules (etiquette) - shake hands at end of game
- safety - tackle below waist

# Outdoor Games (Hockey, Rugby and Football)

Level 3

## Significant Aspects of Learning

