

# Unit of Work

Title: Rugby

Year: 9

Length of unit: 8 x 60 min lessons

Lesson	Objectives	Possible Activities
1	<ul style="list-style-type: none"> <li>• Develop Ball Handling</li> <li>• Develop passing and receiving</li> <li>• Develop POP ( go forward)</li> <li>• Know how to score</li> </ul>	Work in pairs, pass / receive 3's Running with ball / put down / pick up Conditioned Game 2v1 touch
2	<ul style="list-style-type: none"> <li>• Develop passing; under pressure</li> <li>• Timing of pass</li> <li>• Support the ball carrier</li> </ul>	Passing in grids / channels Lateral pass/ high / low / static/ pop Conditioned Games 2v1 3v3 6v6 2 touch and tackle
3	<ul style="list-style-type: none"> <li>• Recap contact / side tackle / front</li> <li>• Introduce rear / crash</li> <li>• Identify and apply PoP ( Pressure)</li> </ul>	Pushing and pulling games Tackle bags Tackle from knees / walk / jog Conditioned games 2v1 3v3 6v6
4	<ul style="list-style-type: none"> <li>• Running with ball</li> <li>• Sidestep</li> <li>• dummy pass</li> <li>• develop scrummage</li> </ul>	Run and pick up and pass Run and put down 1v1 2v2 3v3 scrum arms-feet-down conditioned games / chicken scratch scrum
5	<ul style="list-style-type: none"> <li>• Keeping possession in contact</li> <li>• Attacking drive + maul</li> <li>• Supporting the ball carrier</li> <li>• binding</li> </ul>	Wrestling ball in 2's Contact pads Stay on feet 4v1 Drive low / turn / slip / roll 5's Conditioned game – no passes 5v5 offside rule
6	<ul style="list-style-type: none"> <li>• Develop kicking and catching from hand</li> <li>• Application of kicking in game</li> </ul>	Punt and catch in 2's Kicking to targets Conditioned games
7	<ul style="list-style-type: none"> <li>• Linking play</li> <li>• Unopposed scrum</li> <li>• Intro place kick for penalty and conversion</li> </ul>	Conditioned games 1v1 2v2 scrums Donkeys and greyhounds (forwards and backs) – only greyhounds can pass
8	<ul style="list-style-type: none"> <li>• Application of the principles of play</li> <li>• Evaluation of strengths and weaknesses</li> </ul>	Conditioned Games Pupils as coach / referee / performer.