

Unit of Work

Title: Rugby

Year: 8

Length of unit: 8 x 60 min lessons

Lesson	Objectives	Possible Activities
1	<ul style="list-style-type: none"> • Develop Ball Handling • Develop passing and receiving • Develop POP (go forward) • Know how to score 	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"> • Develop passing; under pressure • Timing of pass • Support the ball carrier 	Passing in grids / channels Lateral pass Conditioned Games 2v1 3v3 6v6 2 touch
3	<ul style="list-style-type: none"> • Intro contact / side tackle / front • Protection of ball in tackle • Identify and apply PoP (Pressure) 	Pushing and pulling games Tackle bags Tackle from knees / walk / jog Conditioned games 2v1 3v3 6v6
4	<ul style="list-style-type: none"> • Running with ball • Sidestep • dummy pass • scrummage intro 	Run and pick up and pass Run and put down 1v1 scrum conditioned games / chicken scratch scrum
5	<ul style="list-style-type: none"> • Keeping possession in contact • Attacking drive + maul • Supporting the ball carrier • binding 	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"> • Application of principles of play 1 • Attacking drive + ruck • Supporting the carrier 	4v1 'fix' opponent contact pads
7	<ul style="list-style-type: none"> • Linking play • Unopposed scrum 	Conditioned games 1v1 2v2 scrums Donkeys and greyhounds (forwards and backs) – only greyhounds can pass
8	<ul style="list-style-type: none"> • Application of the principles of play • Evaluation of strengths and weaknesses 	Conditioned Games Pupils as coach / referee / performer.