



### Rugby Medium Term Plans Key Stage One

| Key Stage:  | KS1  | Unit                                 | Rugby  |
|---|--|--------------------------------------|--|
| <p><b><u>Prior Learning Required – EYFS Progression</u></b></p> <ul style="list-style-type: none"> <li>Showing increased control when throwing and catching a large ball.</li> <li>Travels with confidence and skill in a range of movements when using equipment.</li> <li>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks.</li> <li>Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</li> </ul> |  |                                      |  |
| <b><u>National Curriculum Links</u></b>   | <p>1a. Master basic movements including running, jumping, throwing and catching as well as developed balance, agility and coordination and begin to apply these in a range of activities.</p> <p>1b. Participate in team games, developing simple tactics for attacking and defending.</p>   | <b><u>Pillars of Progression</u></b> | <ul style="list-style-type: none"> <li>Development of Motor Competence and Fundamental Movement Skills.</li> <li>Making safe decision in contact with equipment and classmates.</li> </ul>   |
| <b><u>Key Unit Objectives</u></b>   | <ul style="list-style-type: none"> <li>Step 1: To hold and move with a rugby ball.</li> <li>Step 2: To pass the ball pointing the nose of the ball.</li> <li>Step 3: To pass accurately to a partner.</li> <li>Step 4: To run with the ball.</li> <li>Step 5: To play tag games.</li> <li>Step 6: To try score goals by getting past opponents.</li> </ul> | <b><u>Progression</u></b>            | <p><b><u>Declarative Knowledge</u></b></p> <ul style="list-style-type: none"> <li>Use simple tactics in game situations, such as deciding when to pass and when to run.</li> <li>Understand who the attackers and who the defenders are.</li> <li>Develop understanding of tag rugby and participate in small games.</li> </ul> <p><b><u>Procedural Knowledge</u></b></p> <ul style="list-style-type: none"> <li>Develop control and accuracy when throwing and catching a rugby ball.</li> <li>Improve movement skills whilst moving with the ball in two hands, progressing to beating a defender.</li> <li>Learn how to tag and begin tagging players in game situations.</li> <li>Begin to understand and develop correct technique of passing the ball.</li> <li>Develop understanding of tag rugby and participate in small games.</li> <li>Show good awareness of others when playing games.</li> </ul> |
| <b><u>Resources and Equipment</u></b>   | Marker spots, cones, tennis balls / small balls, hoops. Footballs, beanbags, bats  | <b><u>Key Vocabulary</u></b>         | Tag rugby, belts, target, catch, space, attack, defend, try  |

### Rugby Medium Term Plans Lower Key Stage Two

| Key Stage:   | LKS2  | Unit                                 | Rugby   |
|--|---|--------------------------------------|---|
| <p><b><u>Prior Learning Required – KS1</u></b></p> <ul style="list-style-type: none"> <li>• Develop control and accuracy when throwing and catching a rugby ball.</li> <li>• Improve movement skills whilst moving with the ball in two hands, progressing to beating a defender.</li> <li>• Learn how to tag and begin tagging players in game situations.</li> <li>• Begin to understand and develop correct technique of passing the ball.</li> <li>• Develop understanding of tag rugby and participate in small games.</li> <li>• Use simple tactics in game situations, such as deciding when to pass and when to run.</li> <li>• Understand who the attackers and who the defenders are.</li> </ul> |   |                                      |   |
| <b><u>National Curriculum Links</u></b>  | 2a: Use running, jumping, throwing and catching in combination.<br>2b: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.<br>2f: compare their performances with previous ones and demonstrate improvements to achieve their personal best.  | <b><u>Pillars of Progression</u></b> | <ul style="list-style-type: none"> <li>• Continued progress of Motor Competence.</li> <li>• Begin to understand and apply <b>Rules, Strategies and Tactics</b>.</li> <li>• <b>Healthy Participation</b>; making safe decisions and understanding the relationships between physical activity and its effect on the body.</li> </ul>   |
| <b><u>Key Unit Objectives</u></b>  | <ul style="list-style-type: none"> <li>• Step 1: To travel with the ball.</li> <li>• Step 2: To keep in a horizontal line with others when running.</li> <li>• Step 3: To catch the ball whilst on the move.</li> <li>• Step 4: To defend by removing a player’s tag.</li> <li>• Step 5: To work together with others.</li> <li>• Step 6: To play games against others that require tactics to be used to try score.</li> </ul> | <b><u>Progression</u></b>            | <p><b><u>Declarative Knowledge</u></b></p> <ul style="list-style-type: none"> <li>• To begin to understand and follow the rules of tag rugby.</li> <li>• Improve decision making skills and choose the right skills that meet the needs of the situation.</li> </ul> <p><b><u>Procedural Knowledge</u></b></p> <ul style="list-style-type: none"> <li>• Move in different directions learning to move away from your opponent and keep control of the ball when running.</li> <li>• Learn how to pass in rugby, catching successfully and improving skills whilst on the move.</li> <li>• Move forward to attack as part of a team – running in a line.</li> <li>• To work as part of a team when defending, keeping in a line, and spreading out.</li> <li>• Develop attacking and defending skills within tag rugby, successfully scoring tries, tagging opponents and passing the ball backwards to a teammate.</li> </ul> |
| <b><u>Resources and Equipment</u></b>  | Rugby balls, cones, tag belts, marker spots, bibs, hoops  | <b><u>Key Vocabulary</u></b>         | Rugby, tag, pass, share, defend, mark, attack, dummy  |

### Netball Medium Term Plans Upper Key Stage Two

| Key Stage:   | UKS2   | Unit                                 | Rugby   |
|--|--|--------------------------------------|---|
| <b>Prior Learning Required – LKS1</b>  |  |                                      |   |
| <ul style="list-style-type: none"> <li>• Move in different directions learning to move away from your opponent and keep control of the ball when running.</li> <li>• Learn how to pass in rugby, catching successfully and improving skills whilst on the move.</li> <li>• Move forward to attack as part of a team – running in a line.</li> <li>• To work as part of a team when defending, keeping in a line, and spreading out.</li> <li>• Develop attacking and defending skills within tag rugby, successfully scoring tries, tagging opponents, and passing the ball backwards to a teammate.</li> <li>• To begin to understand and follow the rules of tag rugby.</li> <li>• Improve decision making skills and choose the right skills that meet the needs of the situation.</li> </ul> |  |                                      |   |
| <b><u>National Curriculum Links</u></b>  | 2a: Use running, jumping, throwing and catching in combination.<br>2b: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.<br>2f: compare their performances with previous ones and demonstrate improvements to achieve their personal best.   | <b><u>Pillars of Progression</u></b> | <ul style="list-style-type: none"> <li>• Continued progress of Motor Competence.</li> <li>• Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>  |
| <b><u>Key Unit Objectives</u></b>  | <ul style="list-style-type: none"> <li>• Step 1: To travel at speed with the ball.</li> <li>• Step 2: To dodge and fake passes when running with the ball.</li> <li>• Step 3: To catch the ball whilst under pressure.</li> <li>• Step 4: To watch and evaluate the professional games</li> <li>• Step 5: To decide on ways to attack when playing games.</li> <li>• Step 6: To decide on the best ways to defend in games.</li> </ul> | <b><u>Progression</u></b>            | <p><b><u>Declarative Knowledge</u></b></p> <ul style="list-style-type: none"> <li>• Begin to understand the importance of lines in tag rugby – both for attack and defence.</li> <li>• Use simple tactics in games to achieve success as a team.</li> <li>• Understand the defensive duties in tag rugby and the process of tagging.</li> <li>• To understand the rules of the game and participate in full games.</li> <li>• Understand the importance of keeping in a line in both attacking and defending plays.</li> </ul> <p><b><u>Procedural Knowledge</u></b></p> <ul style="list-style-type: none"> <li>• Increase accuracy and control when passing and catching whilst moving at speed.</li> <li>• Participate in competitive games, following the rules and playing fair.</li> <li>• Continue to improve different ways to pass – fast, slow, high, low.</li> <li>• Incorporate the rules of the game into small sided games like passing backwards.</li> <li>• To pass and catch the ball whilst running at different speeds. Keep control of the ball when running and passing, ensuring passing is accurate.</li> <li>• Carefully consider the best way to score a try and win the game, remembering to find and use space when running.</li> </ul> |

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|---------------------------------------|---|------------------------------|--|
|                                       |   |                              | <ul style="list-style-type: none"><li>• Successfully remove tags in accordance with the rules.</li></ul> |
| <b><u>Resources and Equipment</u></b> | Tags, tag belts, marker spots, cones, rugby balls, bibs | <b><u>Key Vocabulary</u></b> | Rugby, tag, pass, share, attack, defend, mark, dummy   |