

Scheme of Learning:

Topic Sequence:

1	2	3	4	5	6	7	8	9	10	11
Netball	Gymnastics	Badminton	Rugby	Dance	Handball	Football	Basketball	Athletics	Cricket	Outdoor Ed

Topic Overview:

Throughout the Key Stage, students will continue to develop their understanding of basketballs rules and regulations. With a focus on physical fitness, team dynamics, and the development of their individual and team skills for example passing, shooting as well as challenging students progressively with attacking and defensive strategies.

Lesson Sequence:

In Year 7, students typically start with the basics of rugby union. They learn the rules and laws of the game, as well as the basic ball handling skills such as passing, catching, and carrying the ball. Safety is also a key focus, with students learning tackling techniques and how to avoid injuries. They will also be introduced to rucking and mauling techniques, which are key elements of rugby union.

In Year 8, students build on the basics they learned in Year 7. They will develop advanced ball handling skills such as offloading, as well as a deeper understanding of tactics and decision-making skills. Students will focus on developing individual positional skills such as lines of running and tackling technique. Additionally, students will learn about the set pieces of the game, including scrums and lineouts, as well as developing their understanding of positional play and team tactics.

In Year 9, students will continue to build on their knowledge of rugby union. They will learn advanced set-piece skills, such as scrum and lineout variations, as well as developing a deeper understanding of tactics and team play. Students will be introduced to attacking and defensive patterns, which will help them to understand how to create scoring opportunities and how to defend against the opposing team's attacks.

In Key Stage 4, students continue to develop their rugby union skills, building on the foundation they have gained in previous years. They focus on developing advanced tactical knowledge and game strategies, as well as understanding how to analyse both as an individual and as a team. This will result in appropriate strategies being developed to improve performance.

Sequence of Lessons:		7	8	9	KS4	Topic Resources:			
1	Basic handling	✓				Knowledge Map:	Knowledge Map - Rugby	Prescribed Sources:	None
2	Handling	✓	✓	✓	✓	Assessment:			
3	Tackling	✓	✓	✓	✓	Knowledge:	Skills in isolation mark out of 10		
4	Rucking	✓	✓	✓	✓	Application of Knowledge:	Game play Skills under pressure / tactics / rules Mark out of 15		
5	Small sided competitive situation	✓	✓	✓		Supportive Reading:			
6	Multi phase play – Rucking and realigning		✓	✓	✓	Rules	Laws of the Game World Rugby Laws		
7	Scrummaging		✓	✓	✓	Where to play	Find Rugby (englandrugby.com)		
8	Mauling			✓					
9	Kicking			✓					
10	Competitive situation to include basic officiating		✓	✓	✓				