

Scheme of Work

Subject: Physical Education

Year Group: Year 7
Specification: Rugby
Express/Mainstream

Lesson No	Topic & Objectives	Key Activities & Specialist Terminology	Big Think Qs & Stretch	Assessment (Include relevant GCSE Q stem)	Homework	Literacy Numeracy SMSC Codes (Each box covers various lessons)
1	Ball Handling Skills/Lateral Passing	<ul style="list-style-type: none"> a) To understand how to handle the ball correctly. b) To demonstrate how to pass within the rules over distance consistently. c) To use and apply handling and passing skills in a game situation. 	What determines off side in rugby?	<ul style="list-style-type: none"> - On-going teacher assessment with feedback - Pupil self-check, including the use of reciprocal sheets - Teacher-pupil question and answer 	Watch an international rugby match on youtube.	Pupils will be given the opportunity to develop their social skills in activities involving co-operation and collaboration, responsibility and teamwork.
2	Scoring a Try	<ul style="list-style-type: none"> a) To understand how to score a try in a game of Rugby using the correct technique. b) To show how to score a try in a competitive situation using the correct technique. c) To demonstrate how to score a try in a game situation. 	Why do players run under the goal to score?	<ul style="list-style-type: none"> - On-going teacher assessment with feedback - Pupil self-check, including the use of reciprocal sheets - Teacher-pupil question and answer 		Pupils will be given the opportunity to develop their social skills in activities involving co-operation and collaboration, responsibility and teamwork.
3	Tackling	<ul style="list-style-type: none"> a) To understand the role of safety when performing the side on Rugby tackle. b) To develop the side on tackle in practice using to correct body position. c) To demonstrate how to tackle consistently using a suitable technique. 	Why must you tackle below the shoulders?	<ul style="list-style-type: none"> - On-going teacher assessment with feedback - Pupil self-check, including the use of reciprocal sheets - Teacher-pupil question and answer 	Research the 'Swan Dive'	Pupils will be given the opportunity to develop a sense of fair play based on the rules of the game and positive sporting behaviour including how to conduct themselves in competitions and to accept authority
4	1vs1 Scrum	<ul style="list-style-type: none"> a) To understand the role of safety when performing the side on Rugby tackle. b) To show the correct binding skills in a scrum situation. <p>To use the technique consistently driving in a low body position.</p>	Safety in the scrum, explain teaching points.	<ul style="list-style-type: none"> - On-going teacher assessment with feedback - Pupil self-check, including the use of reciprocal sheets - Teacher-pupil question and answer 		<p>Through the activities in this unit pupils will be given the opportunities to develop:</p> <ul style="list-style-type: none"> - Counting skills for organising themselves into groups <p>Understanding the basic scoring in Rugby.</p>

5	Conditioned Games using previous develop skills	<ul style="list-style-type: none"> a) To understand how to score, pass, tackle and scrum. b) To develop these skills in a game situation. c) To use these skills more consistently within the rules of the game. 	Teamwork and support play when not a ball carrier.	<ul style="list-style-type: none"> - On-going teacher assessment with feedback - Pupil self-check, including the use of reciprocal sheets - Teacher-pupil question and answer - Peer analysis, evaluation and feedback 	What are the main teaching points to tackle safely?	Through the activities in this unit pupils will be given the opportunities to develop: <ul style="list-style-type: none"> - Counting skills for organising themselves into groups Understanding the basic scoring in Rugby.
6	Line Outs	<ul style="list-style-type: none"> a) To understand the rules of this set play. b) To develop ways of competing in a line-out situation. 	Come up with your own line out calls.	<ul style="list-style-type: none"> - On-going teacher assessment with feedback - Pupil self-check, including the use of reciprocal sheets - Teacher-pupil question and answer - Peer analysis, evaluation and feedback 		Through activities in this unit pupils will be able to understand, use and spell correctly words relating to Football: warm-up, cool-down, passing, tackling, teamwork, fair play
7	Beating an Opponent 2vs 1, 3vs2 and 2vs2	<ul style="list-style-type: none"> a) To understand how to ruck in a basic set up. b) To develop ways of beating and opponent in practice and a game situation. c) To evaluate ways of how they could improve their ability of beating an opponent using different skills. 	How many ways can you dummy an opponent?	<ul style="list-style-type: none"> - On-going teacher assessment with feedback - Pupil self-check, including the use of reciprocal sheets - Teacher-pupil question and answer - Peer analysis, evaluation and feedback 	Look at a full scrum in a 15 a side game	Through activities in this unit pupils will be able to understand, use and spell correctly words relating to Football: warm-up, cool-down, passing, tackling, teamwork, fair play
8	Basic Rucking	<ul style="list-style-type: none"> a) To understand how to ruck in a basic set up. b) To develop ways of how to ruck in a practice situation. c) To demonstrate the skill in a game situation. 	Main teaching points/laws of rucking?	<ul style="list-style-type: none"> - On-going teacher assessment with feedback - Pupil self-check, including the use of reciprocal sheets - Teacher-pupil question and answer - Peer analysis, evaluation and feedback - Video analysis 		Speaking and listening – follow instructions <ul style="list-style-type: none"> - Ask questions to gain clarification and further information - To collaborate with others to share information/ideas, solve problems

9	Basic Mauling	<p>a) To understand how to ruck in a basic set up.</p> <p>b) To develop ways of how to ruck in a practice situation.</p> <p>c) To demonstrate the skill in a game situation.</p>	Main teaching points/laws of mauling?	<ul style="list-style-type: none"> - On-going teacher assessment with feedback - Pupil self-check, including the use of reciprocal sheets - Teacher-pupil question and answer - Peer analysis, evaluation and feedback - Video analysis 	Explain the main point of rucking and mauling to someone at home	<p>Speaking and listening – follow instructions</p> <ul style="list-style-type: none"> - Ask questions to gain clarification and further information - To collaborate with others to share information/ideas, solve problems
10	Game situation using different position forwards, scrum half and back positions	<p>a) To understand the different positions.</p> <p>b) To select a position suitable for them.</p> <p>c) To perform in their selected position in a game situation with knowledge and understanding.</p>	Name the 15 positions.	<ul style="list-style-type: none"> - On-going teacher assessment with feedback - Pupil self-check, including the use of reciprocal sheets - Teacher-pupil question and answer - Peer analysis, evaluation and feedback - Video analysis 		<p>Through the activities in this unit pupils will be given the opportunities to:</p> <ul style="list-style-type: none"> - Take part in pair and group work (teamwork) <p>Leading a warm up (leadership)</p>
11	Assessment Tournament / Assessment -Teacher assessment, Peer evaluation	<p>a) To apply skills in a game situation.</p> <p>b) To analysis a Rugby game (lesson/youtube).</p>	Play the 15 positions	<ul style="list-style-type: none"> - On-going teacher assessment with feedback - Pupil self-check, including the use of reciprocal sheets - Teacher-pupil question and answer - Peer analysis, evaluation and feedback - Video analysis 	Assesses yourself on the steps grading sheets.	<p>Through the activities in this unit pupils will be given the opportunities to:</p> <ul style="list-style-type: none"> - Take part in pair and group work (teamwork) <p>Leading a warm up (leadership)</p>
12	Assessment Tournament / Assessment	<p>a) To apply skills in a game situation.</p>	What is your grade, how can you progress?	<ul style="list-style-type: none"> - On-going teacher assessment with feedback - Pupil self-check, including the use of reciprocal sheets - Teacher-pupil question and answer - Peer analysis, evaluation and feedback - Video analysis 		<p>Through the activities in this unit pupils will be given the opportunities to:</p> <ul style="list-style-type: none"> - Take part in pair and group work (teamwork) <p>Leading a warm up (leadership)</p>