

Physical Education → Rugby KS3/KS4

Key Skills	Physical Attributes	Knowledge	Rules
Ball control Passing Kicking Tackling Rucking Scrummaging Attacking Defending	Speed Agility Co-ordination Power Cardiovascular fitness Muscular endurance Reaction time Strength	Core skills Advanced skills Key positions Basic rules Basic regulations Warming up and cooling down Major muscle groups Heart rate and exercise intensity Outwitting opponents Analysis of performance	Kick off Scoring Scrummaging Offside Tackling Knock on Forward pass Obstruction
Teaching Focus		Literacy	
<p><u>Year 7</u></p> <ul style="list-style-type: none"> • Repetition of core skills through isolated drills in order to develop control and accuracy • Application of core skills within condition games in order to develop confidence whilst under pressure • Application of core skills within a competitive situation in order to outwit opponents 		Rules Regulations Tactics Spatial awareness Analysis Tackle Ruck Scrum Line out Dominant Passive	

- Understanding of **basic rules, regulations** and **positioning**
- **Analysis of own performance** against practical criteria

Second phase
 Defence
 Attack
 Drop off
 Face ball
 Draw and pass

Year 8

- Repetition of **advanced skills** through **isolated drills** in order to develop **precision, control** and **fluency**
- Application of **advanced skills** within **condition games** in order to develop **confidence** whilst **under pressure**
- Application of **advanced skills** within a **competitive situation** in order to **outwit opponents**
- Ability to **adapt to new situations** within **competitive situations**
- Understanding of **all rules, regulations** and **positioning**
- **Analysis of own performance and the performance of others** against practical criteria

Heart rate
 Intensity
 Blood flow
 Major muscles; Biceps, Triceps, Quadriceps, Hamstrings, Gastrocnemius, Gluteals, Abdominals, Deltoid and Pectorals.
 Pass
 Isolation
 Conditioned
 Outwitting opponents
 Accuracy

Year 9

- Application of **advanced skills** within condition games in order to develop confidence whilst under pressure .
- **Application of advanced skills** within a **competitive situation** in order to outwit opponents
- Understanding of **key tactics** used to outwit an opponent. .
- Application of **key tactics during competitive game play**. .
- **Analysis of own performance and the performance of others** against practical criteria KS4.
- **Adopt a leadership role** in the lesson.

KS4:

- Applying and practicing with **increased focus on game play** to be able to participate effectively and confidently.
- **'Whole part whole' approach** might be appropriate to develop a deeper knowledge and understanding. **Leadership** encouraged through different roles practiced. **'Sports Education'** model may be used.

Useful resources

www.englandrugby.com

[GCSE PE OCR NEA Grading Criteria - Rugby](#)

School Club Links

Formby Viking RFC

Southport Rugby Union Football Club

Firwood Waterloo Rugby