

Ravens Wood School

KS3 Curriculum Plan



Subject: Rugby - Year 7

Overarching Topic: Learning and developing basic skills.			
<p>Why is this topic being studied at this time?</p> <p>How does it fit into the wider subject curriculum?</p>	<p>Rugby is one of Ravens Wood's core sports with an extensive tradition. We are one of the only comprehensive schools in the borough to compete in block fixtures on Saturday mornings. The block fixtures begin in the first week in September so it is essential that rugby is taught at the beginning of the academic year to ensure that year 7 pupils can compete safely.</p> <p>There are many opportunities to integrate the wider subject curriculum into rugby. Many aspects of rugby link closely with the GCSE specification which can be used in teaching at key stage 3.</p> <p>Rugby provides endless opportunities for pupils to develop their leadership skills, learning new tactics, skills and techniques and displaying the Ravens Wood values.</p>		
	Essential	Core	Ambitious
<p>The Big Questions (What skills will the students be able to display after completing this sport)</p>	<ul style="list-style-type: none"> • How do I pass backwards correctly? • How do I catch the ball? • How do I tackle safely? • How do I ruck safely? 	<ul style="list-style-type: none"> • How do I pass backwards whilst moving with the ball? • How do I catch the ball whilst running? • How do I tackle an opposition player whilst moving? • How do I use the right technique for rucking? 	<ul style="list-style-type: none"> • How do I pass when under pressure from opposition? • How do I receive the ball differently depending on the defence? • How do I tackle opposition who are running straight/at an angle/sidestepping? • How do i use different rucking technique in both defence and attack?
<p>The Key Skills/ Techniques</p>	<p>The sophistication and application of skills will become more advanced as students' progress through the Essential, Core and Ambitious knowledge.</p>		
	<p>Skill/Technique</p>	<p>How will this skill be developed?</p>	
	<p>Passing and catching</p>	<p>Students will learn through isolated drills, conditioned practices and small sided games focusing on the basics of passing and catching.</p> <p>Students will explore the different types of passes and the correct way to receive the ball and try to employ these techniques in their conditioned practices and small-sided games.</p>	

	Tackling	Students will learn through isolated drills, conditioned practices and small sided games focusing on the basics of passing and catching. Students will explore side-on tackling and the correct way to complete tackles safely and employ these techniques in their conditioned practices and small-sided games.
	Rucking	Students will learn through isolated drills, conditioned practices and small sided games focusing on the basics of rucking. Students will explore rucking and counter-rucking and the correct way to enter rucks safely and employ these techniques in their conditioned practices and small-sided games.