



Subject: Rugby - Year 9

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 9 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 maintain accurate passing under pressure? • How do I catch consistently in competitive situations? • How do I consistently apply safe and effective tackling in game situations? • How do I consistently secure possession at the breakdown under pressure? • How do I maintain structure in attack and defence? 	<ul style="list-style-type: none"> • How do I select and execute the most effective pass in different phases of play? • How do I read attacking play and make effective defensive decisions? • How do I work as part of a defensive unit? • How do I make effective decisions at the breakdown (commit, not commit, counter)? • How do I apply tactics to exploit space and opposition weaknesses? • How do I adapt positioning and decision-making during play? 	<ul style="list-style-type: none"> • How do I manipulate defensive structures through advanced passing (miss passes, offloads, switches)? • How do I dominate collisions and create turnovers? • How do I apply advanced techniques (counter-rucking, slowing ball, creating quick ball)? • How do I analyse opposition and adapt team tactics in real time?
<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>	<ul style="list-style-type: none"> • High-intensity conditioned games and full-sided matches • Use of advanced attacking patterns (loops, switches, overlaps) • Development of decision-making under pressure and fatigue • Emphasis on maintaining continuity and tempo in attack
	<p>Tackling</p>	<ul style="list-style-type: none"> • Application of tackling in competitive, game-realistic scenarios • Focus on defensive organisation and communication • Introduction to line speed, defensive systems, and press defence • Development of dominant tackles and turnover creation
	<p>Rucking</p>	<ul style="list-style-type: none"> • Advanced breakdown scenarios with opposition pressure • Emphasis on decision-making and role clarity at the ruck • Development of counter-rucking and slowing opposition ball • Understanding of game tempo through effective breakdown control
	<p>Game play and tactical awareness</p>	<ul style="list-style-type: none"> • Regular full-sided competitive matches • Tactical challenges focused on exploiting space and adapting strategy • Encouraging leadership roles (captains, decision-makers) • Use of peer and self-assessment to evaluate performance