

Scheme of Work	Rugby League
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Phase 1	Objective	Activities	Testing / Competition
2 v 1	<p>To comprehend and grasp how to create an overlap and its benefits</p> <p>To comprehend and grasp how to confidently perform with accuracy, these attacking situations.</p> <p>To clearly understand where these situations happen in Rugby League</p> <p>To know, understand and be able to draw the defender and pass to create space</p> <p>To be able to use strategies and techniques to outwit opponents</p> <p>To be able to critically evaluate how well the 2 v 1 situation was and to find ways to improve skills at a 2 v1.</p> <p>To develop the precision, control and fluency of their passing and running</p>	<p>2 v 1 – Static defender. Run to def, and pass to partner near def – then change sides</p> <p>DEF can then move lateral along a line</p> <p>DEF can move in any direction</p> <p>A has 3 seconds to get away from B</p> <p>In 3s, A passes to B who tries to get away from C</p> <p>3's - Pass ball to partner when they're in space</p>	<p>How many try's scored against a defender in a minute.</p> <p>3 V 3 ( Non-participants referee for knock on's &amp; forward passes)</p>
	Assessment	Theoretical PE	Resilience
	<p>👂 Ask students for feedback regarding their performances</p> <p>☑ Analyse strength and weaknesses in performances</p> <p><b>Q &amp; A:</b> Are they outwitting defenders</p> <p><b>Q &amp; A:</b> What is the best option in a 2 v 1 for attackers?</p> <p><b>Q &amp; A:</b> What is the best option in a 2 v 1 for defenders?</p> <p><b>Q &amp; A:</b> Are they making the defenders second guess movements</p> <p><b>Q &amp; A:</b> Are the movements original and instinctive?</p>	<p>Analysis of basic movements; Look at the types of movement performed when passing i.e. extension of the elbow as the ball is passed. (look at other examples)</p> <p>Look at the planes of motions used when passing the ball across the line. I.e twisting at the hips to pass the ball. Other examples will be needed.</p> <p>Students should be taught to understand and justify appropriate elements of a cool down for different sporting activities allowing the body to recover the removal of lactic acid/CO2/waste products prevent (delayed onset of) muscle soreness/ DOMS</p>	<p>Students are able to use the correct decision-making choices</p>

Maths	Probability in a 2 v 1 and 3 v 1 situation
English	Using different media (newspaper, twitter, facebook, radio, TV, etc) read/ watch 2 reports about a rugby league event. Then create 2 of your own reports using the different media available.
Science	Homeostasis
Equipment	Rugby League Balls, Cones, Markers, Whistle, Bibs, Stopwatch