

Subject:	RUGBY LEAGUE	Year:	Group:	Total No.:	M:	F:
	Restarting the game or activity	Ability:	Period:	SEN:		
	Lesson Description: Play the Ball Competitiveness game	Duration:	w/c:			

Objectives: To develop their understanding and knowledge of how to play the ball (PTB), and the duties of the support players (acting half back / support runners / dummy runners) within these plays. To develop their knowledge and understanding of a PTB, and its benefits. *e.g. To restart possession, and to create a quick attacking play*

Key Aspect of Transfers of Skills and Analysis	Throughout every aspect of this session :
	- Discuss and analyse the different types of restarting a game using this method alongside other techniques found in Football, Hockey, and Rugby
	- Identify the similarities and the teaching points found in each of these skills and re-starts to gain ascendancy and outwit the opponents instantly
	- Get the students to transfer the re-starting skills, tactics and approaches to gain ascendancy when performing these in activities and competitive games

Activity	Description / Organisation	Objectives	Teaching Points	Evaluation / Performance	Differentiation and Creativity
Warm Up	4's passing ball along whilst within 20M. On whistle the pupil in control drops down and plays the ball and next picks it up.	To understand and know the benefits of a warm-up prior to exercise To perform the actions within the warm-up	<u>Playing the ball</u> PTB - Fall to the floor and keep contact of the ball Stand up and place ball onto floor with hands (keeping contact of the ball) and roll the ball back with the feet in AHB hands. - go to ground QUICKLY - ball carrier gets to feet quickly AHB – Stands behind the PTB about a ¼ m <u>Acting Half Back / Hooker</u> - Watch player rolling the ball backwards towards them - 2 Hands on either side of the ball - Pass to hands of receiver - The ball must travel backwards - Communicate with teammates	Observe warm ups Note number of errors	↑ Incorporate drop off, reverse balls, dummy runs ↑ Pupils perform own stretches
Playing the Ball P T B	In Pairs. Jog and pass around grid. On command A falls to the ground, and PTB the ball. B picks up the ball and passes ball to receiver who passes to next receiver. 4 Attackers, 1 takes ball up, falls, and PTB. B picks up the ball and runs off for 3 – 5 m (scoots). Then passes to C then to D who scores a try. Use a stationary defender	To develop their understanding and knowledge of how to play the ball (PTB) and the duties of the support players within these plays. To develop their knowledge and understanding of a PTB, and its benefits. <i>e.g. To restart possession, and to create a quick attacking play</i> To understand the laws that govern PTB e.g. Offside, kicking at ball and holding on To critically evaluate how well the PTB are performed and ways to improve. To refine and adapt techniques and skills in response to changing circumstances at the PTB To perform the PTB with speed, accuracy and strength		Peer evaluation sessions – Pupils state strength and weakness of PTB performances. ??? Are the students gaining an ascendancy from the restart M/C – Pupils analyse tactics and strategies used - Discuss and evaluate how they outwit the opponent from using these restarting skills - Discuss and evaluate how other skills previously learnt restarts can help the progress and outwit defenders within numerous situations from the PTBs	↑ Pass the ball out from the PTB along the line Cr - Create plays from PTB Cr - Pupils develop, adapt and refine skills, strategies and tactics used in this section Cr - Refine attacking skill from PTB M/C – Discuss attacking and defending from PTB M/C – Draw play books from PTB
GAME 7 v 7	Pupils must be grouped upon size and ability. ??? Are the students gaining an ascendancy from the restart	To incorporate the skills that the pupils have learnt in these lessons to play a small sided game of Rugby League. To know and understand how to and be able to Play the Ball within a small sided game situation. To outwit the opponents when performing the play the ball To use a variety of restarts and skills to outwit the defenders / opponents To be creative when restarting the game	- Defending team not allowed to go over or round attacker to get ball - PTB after every tackle made - Pupils must constantly look to outwit the defenders from various PTB and positions - Pupils as a unit must try to be creative to outwit the defenders and opposing team to create a scoring opportunity from each PTB	Observe Games Ask pupils for feedback and analysis of performances - Discuss, observe, evaluate and listen to the students feedback of how you transfer these restarting skills when outwitting the opponents and defenders	↑ Increase area ↑ Increase goal size and area ↓ Decrease area ↑ Increase number of passes before being able to score a try

Cool down	Pupils jog around the lines of the 22m in pairs slowly passing the ball	To understand why you Cool Down and do rhythmical movement after exercise	<ul style="list-style-type: none"> - Gentle jogging speed. - Take in deep breaths - Keep upright - Perform skills practiced earlier 	Ask students for feedback regarding their performances	⬆️ Ask pupils questions why a Cool down is essential after exercise
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Informed Choices and Lifestyle	Discuss all the different career pathways in Rugby League				
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Equipment	Rugby League Balls, Cones, Markers, Whistle, Bibs, Stopwatch, Pads
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ICT	Assessment	Citizenship	Peer Evaluation	Literacy	Numeracy	Pupil planning		
Analysis of perf.	Evaluation	Feedback	Q & A	Mathematics	Art	English	Science	Technology

Comments:

HEALTH AND SAFETY THROUGHOUT THIS LESSON

- Tell the students that they must remove all jewellery before Rugby League
 - Always - check the working areas for glass, and objects, at the beginning of every lesson.
 - Tell them not to kick the balls in the warm-up Must always keep their eyes on ball
 - Students must always remain in their grids at all times when performing drills.
 - Tell the students that when working in grids they must never kick or roll a ball across it
 - The student must be clear on the correct & safe technique.
 - All students must run in the same direction in every group to eliminate collisions
 - The student must be clear on the correct & safe technique.
 - Constantly ask pupils who are tackling whether they are with the correct partner when they are performing the activities.
 - Never allow pupils to perform drills close together
- Gum shields & Pads MUST be used
 - Must make sure the partners and teams are of equal size
 - Must communicate with all team-mates at all times
 - Allow equal spaces at either side of grids for pupils to enter to slow down in
 - Must make sure the partners and teams are of equal sizes,
 - The students must be clear on the correct technique and safety aspects of play and tackling

ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT

Competence	Performance	Creativity	Health and Active Lifestyle
Developing Skills	Making and Applying	Physical and Mental Capacity	Evaluating and Improving