**Curriculum**

**Physical Education – Tag Rugby**

**Course Overview**

SPORT TYPE: Team, hand-eye, invasion

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

1) Develop handling skills & ability to perform a variety of passing techniques

2) Develop good movement techniques including, accelerating, dodging and stopping

3) Develop a variety of 1v1 skills and apply them in game situations developing the principle of ‘go forward’

4) Develop ability to create and recognize overload situations & concept of support play

5) Develop understanding of the laws, particularly the offside and passing laws

6) Develop tactical understanding to outplay opponents

7) Develop to 7v7 tag rugby

**Performance Indicators**

1) Display good movement, handling and passing skills under pressure

2) Display good 1v1 skills

3) Display the ability to create individual & team space, & create & recognize an ‘extra’ player, 2 v 1etc

4) Display cooperative work & show evidence of sportsmanship

5) Display understanding of team tactics for attack and defence, showing the concepts of ‘go forward’, & ‘support’ & an understanding of the offside & passing laws

6) Display a recognition of the transition between attack & defence

7) Display ability to develop from small-sided to larger-sided games

8) Display respect for all players and honesty whilst playing competitive games.

**Assessments**

Teacher observation

Student self-evaluation

Peer evaluation

**Core Topics**

**Specific Content**

Warm-up related to handling including dynamic flexibility, functional strength, speed/foot work, dodging and stopping in the 3 planes of movement using technique work & handball-keepball, tag games etc(PI )

Develop handling skills using handball/keepball type games (PI 1,3,4,6)

Develop techniques to beat a player 1v1 incorporating the offside concept and ‘play quick’ whilst in possession (PI 2,3,5)

Develop pass accuracy in SSGs incorporating the passing laws (PI 1,3)

Use conditioned SSGs to create overload situations particularly 2v1, 2v1v1, 3v2 (PI 1, 2, 3,4,5,6,7,8).

Use conditioned SSGs to create problem solving and leadership opportunities (PI 3,4,5,6,7)

**Resources**

Size 4 & 5 rugby balls

Bibs

Cones/Lines