



At the end of this unit I will know how:

- To recognise which activities help speed, strength and stamina
- To recognise when speed, strength and stamina are important in games
- To be able to identify the main aspects of a good performance and suggest how a performance could be improved

Three key questions:

1. Are you able to dodge a defender when running towards the goal?
2. Can you pass the ball accurately and with speed?
3. Can you scan the field before making the decision to pass or run?

Key vocabulary:

Lateral pass: A type of pass where the ball carrier will bring the ball across their body with their arms bent and release it to a supporting player who is situated to the side of them. A lateral pass travels sideways or backwards.

Try: The method of scoring in rugby where the ball must be placed with downward pressure anywhere on or over the try line.

Tag: The piece of material that is stuck with velcro either side of a tag belt that a defending player will try and pull off to symbolise a tackle (tagging).

Rugby Skill:

When playing rugby, it is important to remember that the ball can only be passed backwards.
To hold the ball, create a W shape with your fingers. This will help the ball to spin when you pass it to another player.



Tag Rugby



Six Nations:

The Six Nations Tournament is the most important competition of the year for rugby teams and fans. It is a competition between the British nations, France and Italy.



Tag Rugby pitch

Passing Back



Belt Position



'W' Grip



Running with the ball



Healthy Lifestyle

To understand the importance of a healthy active lifestyle by observing the effects on the body and how we feel after exercising e.g. what happens to our heart rate?

