

## Lesson one: Focus on throwing with catching

Learning Objectives:	Vocabulary:	Content:	Equipment:	Assessment:
<p><b>Acquiring &amp; Developing Skills:</b></p> <p>To be able to catch a ball consistently</p> <p>To be able to pass the ball accurately and with speed.</p>	<p>Pass</p> <p>Catch</p> <p>Dodge</p> <p>Tag</p>	<p><b>Lesson 1:</b></p> <p>Warm-up</p> <p>Games such as dodge or leederball are good as they are relevant to rugby</p>	<p>Rugby balls</p> <p>Pump</p> <p>Cones</p>	<p>Can the student throw the ball correctly?</p>
<p><b>Selecting &amp; Applying skills, tactics &amp; compositional ideas:</b></p> <p>To be able to attack as individuals, 2's and 3's</p> <p>To be able to dodge a defender when running towards the goal</p>	<p>Keep possession</p> <p>Keep control</p> <p>Make and use space</p> <p>Support</p> <p>Points, goals</p>	<p>Demonstrate how to throw a ball:</p> <ul style="list-style-type: none"> <li>• Stand sideways on</li> <li>• Hands on side of ball, fingers spread out</li> <li>• Swing arms back and forth like a pendulum</li> <li>• Release towards receiver</li> </ul>		<p>Can the student move their feet to be ready to catch the ball?</p>
<p><b>Knowledge and Understanding of fitness and Health:</b></p> <p>To recognise which activities help their speed, strength and stamina</p> <p>To recognise when speed, strength and stamina are important in games</p>	<p>Rules</p> <p>Tactics</p>	<p>Practice throwing the ball to partner. Highlight good throwing from students who have mastered throw.</p> <p>Stand in a circle. Choose a student to run round the circle at the same time as throwing the ball around. See whether ball can beat runner.</p>		<p>Can the student recognise how different activities during the lesson builds up speed or strength?</p>
<p><b>Evaluating and improving performance:</b></p> <p>To be able to identify the main aspects of a good performance and suggest how a performance could be improved</p>		<p>Choose 3 good players to demonstrate running up the ground passing the ball (up and down the line)</p> <p>Each group to walk it through first, and then jog.</p> <p>- <i>What are some of you doing to ensure that the ball is always caught? (Accurate throw, moving towards ball..)</i></p> <p>Cool-down.</p>		<p>Can the children give ideas for improving their own or others performance?</p>