


Learning Plan 1		Subject/Pwnc: Health and Wellbeing (PE) Rugby League		Year/Blwyddyn: 7			
<p><u>The Four Purposes in Health and Wellbeing:</u></p> <p>Ambitious, capable learners, who: Set themselves high standards; seek and enjoy challenge; ask questions; enjoy solving problems; use number effectively in different contexts; interpret data and apply mathematical concepts.</p> <p>Enterprising, creative contributors, who: Connect and apply their knowledge and skills to generate ideas; think creatively to solve problems; identify and grasp opportunities; take measured risks; lead and play different roles in teams effectively; give of their energy and skills so that other people will benefit.</p> <p>Ethical, informed citizens, who: Find, evaluate and use evidence in forming views; consider the impact of their actions; know about their culture, community, society and the world.</p> <p>Healthy, confident individuals, who: Build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life.</p> <p>Knowledge focus/what matters: Develop a range of pressive skills associated with rugby, including passing and catching, running with the ball, tackling an opponent. Describe the basic rules associated with Analyse and evaluate my own performance, identifying areas of strength and in need of improvement.</p>							
Learning objective/key question	What will I know and be able to do? I can...	How will I develop my skills? (Success Criteria)			Homework/Gwaith cartref to support progress		
Week 1 3/11/25 Rugby – Passing and receiving	<ul style="list-style-type: none">• Describe the basic rules in order to play a modified game• Demonstrate the ability to pass in different directions to a target.• Analyse my performance identifying areas in need of improvement and success..	<ul style="list-style-type: none">• I can confidently demonstrate effective passing in practice and small sided (3vs2, 4vs3) and modified games.• I can use analysis and evaluation skills on my own and peers’ performance.• I can construct suggestions for improvements for my own and peers’ passing techniques.			Wk 1 Homework: To watch rugby league games on YouTube observing how the game is played Set: W/b 3/11/25 Due:		
Week 2 10/11/25 Movement and Evasion	<ul style="list-style-type: none">• Describe the key technical elements when passing• Demonstrate evading an opponent when trying to score. Being able to pass and catch successfully in different situations• Analyse my performance identifying areas in need of improvement and success.	<ul style="list-style-type: none">• I can explain and accurately describe some ways to evade being tackled or caught in rugby.• I can transfer this knowledge and demonstrate different types of evading in both non-competitive (1vs1, 2vs2) and competitive situations.• I can set a personal goal at the start of the lesson and review my performance at the end of the lesson.			Wk 2 Homework: W Set: Due:		

<p>Week 3 17/11/25 Tackling Technique</p>	<ul style="list-style-type: none"> • Describe a range of rules associated with modified rugby. Use correct terminology to explain why a skill has been successful or unsuccessful. • Demonstrate the basic technique of tackling, identifying the key safety points and body position. • Analyse and evaluate my own performance when asked, as well as discuss my partners technique. 	<ul style="list-style-type: none"> • I can explain how to carry out the different defensive techniques when an attacker is running at me. • I can demonstrate some/most/all of these defensive techniques in a drill. • I can analyse and evaluate my peers' that are demonstrating the best defensive techniques within the class with evidence to support. • I can confidentially apply some/most/all of these defensive techniques within a competitive situation. 	<p>Wk 3</p>	<p>Homework: Watch a football game on Youtube or live.</p> <p>Set:22/9/25</p> <p>Due:29/9/25</p>
<p>Week 4 24/11/25 The Tackle Situation</p>	<ul style="list-style-type: none"> • Describe what happens at the 'breakdown' or tackle situation • Demonstrate playing the ball when the tackle has been made • Understand when to pass in a game situation • Analyse my own performance using correct terminology of the skill performed. 	<ul style="list-style-type: none"> • I can explain what happens in the tackle situation of rugby league, presenting the ball to be played. • I can analyse and evaluate my peers' that are demonstrating the best defensive techniques within the class with evidence to support. • I can confidentially apply some/most/all of these defensive techniques within a competitive situation. 	<p>Wk 4</p>	<p>Homework:</p> <p>Set:29/9/25</p> <p>Due:6/10/25</p>
<p>Week 5 31/11/25 Attacking/Outwitting an opponent</p>	<ul style="list-style-type: none"> • Develop knowledge of how to outwit an opponent using previous skills • Apply and demonstrate the key techniques and making an informed decision • Analyse own and others performance using appropriate feedback techniques 	<ul style="list-style-type: none"> • I can explain how both as a team and individual we can attack, or outwit an opponent using specific techniques or tactics. • I can demonstrate some/most/all of these attacking techniques in a drill. • I can analyse and evaluate my peers' that are demonstrating the best attacking techniques within the class with evidence to support. • I can confidentially apply some/most/all of these attacking technique/tactics within a competitive situation. 	<p>Wk 5</p>	<p>Homework:</p> <p>Set:6/10/25</p> <p>Due:13/10/25</p>
<p>Week 6 7/12/25 Attack and defence in game play</p>	<ul style="list-style-type: none"> • Demonstrate the what to do in an attacking situations, including when to pass the ball and who to. Demonstrate how to defend as a team. • Apply knowledge of when and where to defend • Analyse my own and teams performance, identifying key skills or understanding when not being performed correctly. 	<ul style="list-style-type: none"> • I can explain how to carry out the different defensive techniques when an attacker is running at me. I can demonstrate some/most/all of these defensive techniques in a drill. • I can confidentially apply a range of attacking technique/tactics within a competitive situation. • I can analyse and evaluate my peers' that are demonstrating the best defensive techniques within the class with evidence to support. • I can confidentially apply some/most/all of these defensive techniques within a competitive situation. 	<p>Wk 6</p>	<p>Homework:</p> <p>Set: 13/10/25</p> <p>Due:20/10/25</p>

<p>Week 7 20/10/25 Assessment Week</p>	<ul style="list-style-type: none"> • Demonstrate my understanding the importance of assessing within a game situation. • Apply and demonstrate the knowledge and understanding so far in the unit. • Analyse my own performance 	<ul style="list-style-type: none"> • I can recall and describe different passes, attacking/defending tactics • I can demonstrate the above within a competitive situation. • I can evaluate my own performance using digital resources (ipad) and set a personal goal (EBI) ready for the final assessment lesson next week. • I can explain and record what my WWW and EBI within the netball game (Summary). 	<p>Wk 7</p>	<p>Homework:</p> <p>Set:</p> <p>Due:</p>
--	---	--	-------------	--