



Learning Plan 1		Subject/Pwnc: Tag Rugby	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: Enhancing a range of oracy, analysis and evaluation skills across health and well-being, in particular tag rugby. 10 keywords: Tag, Try, Pass, Defence, Attack, Offside, Tackle, Support, Space and Possession.</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 23/3/26 Introduction to Tag Rugby & Basic Skills	<ul style="list-style-type: none"> Understand the basic rules of Tag Rugby. Perform correct passing and catching techniques. Participate in small-sided games using basic skills. 	<ul style="list-style-type: none"> I can explain the main rules of Tag Rugby. I can pass the ball using two hands, a lateral pass, and step forward correctly. I can catch the ball with soft hands and move into space to receive it. I can participate in a 3v3 or 4v4 game and maintain possession. 		Wk 1 Homework: Set:23/3/26 Due:2/3/26
Week 2 2/3/26 Tagging and Movement	<ul style="list-style-type: none"> Tag opponents correctly when defending. Move effectively to support teammates in attack. Analyse peer/self assessment. 	<ul style="list-style-type: none"> I can remove tags accurately while defending. I can position myself well to stop attacking players. I can run into space to provide passing options for teammates. I can apply tagging and support skills in a small-sided game. With this knowledge, I can work with my team to give them feedback on WWW and EBI. 		Wk 2 Homework: Set:2/3/26 Due:9/3/26

<p>Week 3 9/3/26 Passing under pressure and teamwork</p>	<ul style="list-style-type: none"> • Pass and catch the ball under defensive pressure. • Make quick decisions in attack. • Work effectively as a team. 	<ul style="list-style-type: none"> • I can pass accurately while being defended. • I can choose the best teammate to pass to in a game situation. • I can move off the ball to create space. • I can communicate and cooperate with my team during a 5v5 game. 	<p>Wk 3</p>	<p>Homework:</p> <p>Set:9/3/26</p> <p>Due:16/3/26</p>
<p>Week 4 16/3/26 Attack and evasion</p>	<ul style="list-style-type: none"> • Use evasion techniques to avoid being tagged. • Recognize and exploit space when attacking. • Score tries in game situations. • Analyse peer/self-performance. 	<ul style="list-style-type: none"> • I can perform side steps, spin moves, and dummy passes effectively. • I can scan the field and pass into space. • I can use evasion skills to get past defenders. • I can participate in a 5v5 game and contribute to scoring tries. • I can film others playing and help them analyse WWW and EBI. 	<p>Wk 4</p>	<p>Homework:</p> <p>Set:16/3/26</p> <p>Due:23/3/26</p>
<p>Week 5 23/3/26 Game Play and Tournament (Assessment Week)</p>	<ul style="list-style-type: none"> • Apply all learned skills in a full game context. • Demonstrate teamwork, communication, and fair play. • Discuss the success criteria for a game. • Assessment playing a game. • Final review of the unit. 	<ul style="list-style-type: none"> • I can pass, catch, tag, and evade confidently in a game. • I can make effective decisions under pressure. • I can cooperate with teammates and encourage others. • I can reflect on my performance and identify areas to improve. • I can describe what the success criteria is for the final assessment. • I can complete the assessment playing within a game. • I can orally review the unit's work with opinions on my favourite parts of the game. 	<p>Wk 5</p>	<p>Homework:</p> <p>Set: 26/3/26</p> <p>Due:13/4/26</p>