

Lesson no.	Subject:	Lesson description:	Year:	Group:	Ability:	Day:	Period:	Duration:	Total No.: M: F:
<b>3&amp;4</b>	<b>Rugby League (The greatest game – Seize the day)</b>	<b>Kicking</b>	<b>9</b>						<b>SEN:</b>
<b>Objectives:</b>	To comprehend and grasp why the Grubber, Bomb and drop Kicks are used in Rugby League e.g. <i>Grubber and Bomb kicks are used as an attacking kick to score a try by pressurising the defence into making a mistake, possession is kept. The drop kick is used to start / restart the game.</i> To be able to confidently perform with accuracy, the Grubber, Bomb and drop Kicks accurately and into space. To clearly understand and Know the Laws regarding Offside and kicking								
Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity and Tactics	Maths / English / Science / Cross Curricular	Link to Theoretical PE Aspects	
<b>Student Warm Up</b>	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Ask students how they could make warm up easy / harder / intense	Comment and grade on warm up and stretching.	<b>R+</b> Students choose their mindset	<b>Science:</b> Alcohol as a recreational drug	Students should understand the roles that the muscles, bones, tendons and ligaments play in allowing movement at a joint i.e hinge joint;	
<b>Student Stretches</b>	Students arranged in a circle. Students lead through series of stretches	To understand the importance of stretching at the start of the session. To be able to demonstrate stretches relevant to Rugby League	- Hold stretches for 8 seconds. - No bouncing.	↑ Get pupils to incorporate stretching with Rugby League equipment	<input type="checkbox"/> Use warm up cards with key phrases	🗨 Discuss performance of students with group <b>R+</b> Students believe in others ability	<b>Objectives:</b> elate smoking and alcohol to NHS costs <b>Student expectations:</b> I can explain how expensive smoking and alcohol can be to health care	• bones are connected via ligaments to form the synovial joints (look as above for synovial joint), • muscles contract to move bones connected by ligaments, • the muscles work as antagonistic pairs to create the movement, for example the gastrocnemius and tibialis anterior acting at the ankle.	
<b>Kicking</b>	In pairs 20 m apart and kick the ball to each other	To comprehend and grasp why the Grubber, Bomb and drop Kicks are used in Rugby League e.g. <i>Grubber and Bomb kicks are used as an attacking kick to score a try by pressurising the defence into making a mistake, possession is kept. The drop kick is used to start / restart the game</i> To be able to confidently perform with accuracy, the Grubber, Bomb and drop Kicks accurately and into space. To clearly understand and Know the Laws regarding Offside and kicking To comprehend and grasp how important the chase is after the kick and to confidently perform with accuracy, this chase To be able to outwit opponents using their bomb and grubber kicks To appreciate how to make adjustments and adaptations when performing their bomb and grubber kicks To be able to outwit opponents through using kicks To be able to position kicks to outwit opponents	- The foot makes contact under ball - The foot drives upwards - Try to drop the ball into target Catch: Body under ball - Watch ball - Arms up and in front of body - Catch ball at eye level and bring ball into body (Chasers must be on side)	↑ Add defenders to pressurise kick and attackers to increase the chase ↑ Make sure chasers are onside	☑ Pupils state, identify and reflect on the strength and weakness of kicking.	✍ Are they using different kicks and angles, heights and depths to keep phases going or outwit opponents	I can explain how expensive smoking and alcohol can be to health care	• bones are connected via ligaments to form the synovial joints (look as above for synovial joint), • muscles contract to move bones connected by ligaments, • the muscles work as antagonistic pairs to create the movement, for example the gastrocnemius and tibialis anterior acting at the ankle.	
	On 20m line try punting to 1-2 m short of the goal line								
	As above but contest the ball with 1 kicker, 1 chaser and 2 defenders								
<b>Drop kicks and bombs</b>	Pupils stand in – goal and use the Bomb and Drop kicks to land in a target between 15 – 25 m			↑ Make sure chasers are onside	👁 Measure what skills need to improve when kicking the ball 👁 Kicking skills assessed when using weak feet	🗨 Discuss teaching points used to outwit opponent when using these kick	<b>Maths:</b> Length of circular arc, areas of sectors and segments of a circle as you see in the flight of a kick		
<b>The grubber</b>	The Grubber – Kick the ball through gate	To be able to outwit opponents using their bomb and grubber kicks To appreciate how to make adjustments and adaptations when performing their bomb and grubber kicks To be able to outwit opponents through using kicks To be able to position kicks to outwit opponents	- Ball held as a pass - Head looks down on ball until kicked - Foot is pointed down and cocked - No follow through - The ball should only be lifted over a short distance - Correct weighting is key - The ball should bobble and change direction making its movements hard to judge (Chasers must be onside)	↑ Give targets to kick into ↑ Defenders add pressure onto kicker	👁 Assess the mistakes made when grubber kick 👁 Assess the mistakes made when knocking on ☑ Evaluate whether they are outwitting the opponents through kicks and being onside	🗨 Discuss performances of kicks, power, height, depth and spin 🗨 How are they outwitting their defenders through their kicks	To be able to calculate the length of circular arc, areas of sectors and segments of a circle	• Students should now compare the types of joint in reference to the movement that they allow and where they are located on the body.	
	Try 40 / 20 kicks								
	A passes to B, who catches and kicks the ball using the grubber or bomb into the target								
<b>Chasing the kick</b>	In 4's, A to B who kicks the ball using the grubber or Bomb into target with A/B/C/D chasing			↑ Try 40 / 20 kicks ↑ Make sure chasers are onside ↑ Give targets to kick into ↑ Defenders add pressure onto kicker	👁 Assess the hand and eye co-ordination when kicking the ball	🗨 Discuss teaching points used to outwit opponent when kicking	<b>English:</b> Appreciation of poetry attitudes, purposes and techniques.		
<b>Kicking with defenders</b>	IN 4's - PTB – AHB – 5/8 WHO KICKS – 4 <sup>th</sup> player chases - Add defenders				☑ Are they using different kicks and angles, heights and depths to keep plays going or outwit opponents	🗨 Discuss the skills used to outwit an opponent when kicking	<b>Objectives:</b> Read a variety of sporting poems to understand ideas, attitudes, purpose and techniques.  Student expectations: Reading for meaning and technique. Information retrieval and inference. Learning new vocabulary and technical terms.		
<b>Games</b>	11 v 11 GAME (non-participants / participants team referee)	To incorporate kicking into full sided games of Rugby League To select and use skills, tactics and compositional ideas effectively in a small sided game of Rugby League To experience a range of roles within a small sided game of Rugby League To identify the types of role and position they would like to take on in Rugby League To be able to outwit opponents using skills previously learnt	- Contact allowed - 5 Man - scrums - Knock – ons / forward passes - kicking allowed - Full sized Line outs	↑ Pupils must make up calls for kicking tactics before they play	☑ Evaluate kicking within the games and whether they outwit the opponents 👁 Can the player take the sting out of the kick when receiving it? 👁 Assess the mistakes made when kicking the ball	🗨 Discuss where each kick should be used in game situations 🗨 Discuss positioning of backs when receiving the kicks 🗨 Discuss the pass skills used to gain ascendancy through precise kicking in games	<b>Objectives:</b> Read a variety of sporting poems to understand ideas, attitudes, purpose and techniques.  Student expectations: Reading for meaning and technique. Information retrieval and inference. Learning new vocabulary and technical terms.	Students should be taught to understand and justify appropriate elements of a cool down for different sporting activities.	
<b>Leadership &amp; Coaching</b>	Create 2/3 drills to work on Kicking when mistakes arise within the games	To understand how to coach and lead a team correctly To be able to critically evaluate how well the Kicking situations are in the games and to find ways to improve these skills	Observe players skills, tactics and performances. Offer positive advice, do not be negative. Use the correct terminology and instructions.	↑ Play and introduce new Kicking tactics every 4 to 5 minutes ↑ Reward for positive Kicking skills, techniques, tactics, understanding and knowledge shown	👁 Assess why they did not hit the target when grubber kick 👁 Assess why they did not hit the target with the bomb kick	<b>R+</b> What demonstrates a positive attitude when coaching	<b>English:</b> Appreciation of poetry attitudes, purposes and techniques.	• allowing the body to recover • the removal of lactic acid/CO2/waste products	
<b>Officiating</b>	Officiate the Small sided Game	To be able to officiate the Rugby League Game correctly using the correct signals, comments, scoring and techniques	Use the correct signals Use the whistle, arms and body movements to stop the action effectively and efficiently Get in the right positions to make accurate decisions.	Focus on the rules regarding Kicking, offside, the breakdown, scoring, passing, beating opponents, 2v1, and tackling	👁 Assess the calls made in games	<b>R+</b> What have they learnt from their mistakes	<b>Skills:</b> Background reading. Multiple-choice. Self/peer/teacher assessed writing.	• prevent (delayed onset of) muscle soreness/ DOMS.	
<b>Cool Down</b>	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmical movement after exercise	- listen to and follow instructions of those leading the cool down	↑ Ask pupils questions why a Cool down is essential	Ask students for feedback regarding their performances <input type="checkbox"/> Use cool down cards with key phrases	Pupils create a new cool down for kicking			
<b>Active lifestyle &amp; Social Guidance</b>									
<b>Equipment</b>									
Rugby League Balls, Markers, Whistle, Bibs, Stopwatch, Corner flags, Peer Evaluation Sheet									
<b>Healthy Lifestyles and well being</b>									