

LKS2 Rugby Skills

Children will pass using the 'clock' method, 12,6,3/9. They will use the 'W' grip to receive and learn the different types of kick. Children will also learn how to tackle properly in a controlled environment. Children will also take part in tag team games.

LKS2 Rugby Skills

At the end of this topic children will be able to:

- Run with the ball under their arm
- Pass the ball correctly
- Receive the ball correctly
- Identify the 3 different types of kick
- Tackle using the correct technique on the tackle bag.
- Understand some of the rules of play to take part in mini games.
- Understand the importance of warm ups and cool downs.

Prior Learning

EYFS- Rugby Skills

KS1- Rugby Skills- pass, receive, run

Cross Curricular: Maths



Key Vocabulary

Rugby ball- The oval shaped ball used for rugby.

Grubber Kick - A kick that bounces along the floor.

Conversion- Kicking the ball through the posts.

W Grip- the position of your hands in a W shape when wanting to receive the ball.

Ball carrying hand- the arm used to hold the ball under the arm.

Children must tie their hair up for PE.

Children must wear the correct PE kit.

Children must tape any earrings. Children will warm up and stretch before activity.

Key Questions

What is the correct way to tackle the tackle bag?

What are the basic rules of rugby?