

KS1- Rugby Skills

Children will be learning to run with the ball under their arm, they will take part in mini races, learn to pass and catch using 'up, down, across' and using a W grip to receive.

KS1 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
- Take part in races and mini games such as 'Rob the Nest'.
- Understand the importance of warming up.

Children in Year 2 will extend this by having the opportunity to kick the ball and understanding why it bounces in different directions.

Prior Learning

EYFS- Rugby Skills

Cross Curricular: Maths, literacy- letters.



Key Vocabulary

Rugby ball- The oval shaped ball used for rugby.

Grubber Kick - A kick that bounces along the floor.

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 are the rules of rugby?

Why can't the ball go forwards in rugby?