



PE learning journey

Rugby

Year 10

Half term 1

Core knowledge	Reference number
Recap on knowledge from Year 9 (Evading defenders, protecting the ball, front and side tackling, offload)	
Knows how to pass on the move using different techniques (spin, pop) to evade defenders	
Knows the different techniques at the breakdown	
Knows how to apply defensive and attacking strategies	
Understands the specific responsibilities for differing positions in rugby	

Learning Checkpoints

Netball practical assessment	
Knowing and performing rugby skills, techniques and tactics in practice and competitive situations.	Self and peer assessment, video analysis, teacher feedback, 1-minute skills tests

Key Vocabulary	
Spin Pop Evade defenders Ruck Defensive strategies Attacking strategies	Front row (hooker, prop (loose head, tight head)) Second row and flankers Number 8 Back row Backs (scrum half, fly half, inside centre, outside centre, winger (left & right), full back)