



PE learning journey

Rugby

Year 9

Half term 1

Core knowledge	Reference number
Recap on knowledge from Year 8 (Defensive position, direct running)	
Know how to evade defenders whilst running the ball using a change of pace or side-step	
Understand and demonstrate how to protect the ball in a ruck or clear out from an opponent	
Knows how to do a front and side tackle on an opponent working with teammates	
Know how to perform an offload or a pop pass during contact	

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	
Pace Side-step Evade Ball protection	Offload Pop pass Ruck