



LEARNING JOURNEY

Fundamental Scheme

Rugby Union

F – A – C – T

WE ARE HERE

Rugby Union

Perform a
pass off both
hands

Know how to score
a try

Try

Perform a 2 vs 1
by drawing in
the player

Eliminate

Outwit your
opponent
during a 1 vs
1 situation

Evade

Demonstrate how
to move in a
defensive line

Cohesion

Demonstrate
how to side
tackle

Perform a clear
out in a ruck

Ruck

Demonstrate
how to present
the ball after
being tackled

Perform an
uncontested 3-
person scrum

Scrum

This half term you will start off by focusing on the key fundamental skills used in rugby.

Then, the focus will shift to defensive and attacking fundamentals. This will develop an understanding of how to apply the skills in game situations and result in a full contact game of rugby.

VOCABULARY

Try, Eliminate, Evade, Cohesion, Ruck, Scrum

What will you include in
your warm-up today?

What is the why behind
your lesson today?