

Rugby

Students will learn:-

- Rugby– Core, and Advanced skills as well as decision making covered 7 double lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Knowledge, Understanding & Skills

- Passing off both sides over varying distances – **SOME** accuracy over short distance, **RARELY** accurate over long distance
- Tackling from front, side and rear – **SOMETIMES** successful
- Rucking (going to ground, presenting ball, support/driving) – **SOMETIMES** successful
- Beat an opponent using a hand-off, side-step, change of pace/direction – **SOMETIMES** successful

Advanced Skills:

- Passing (switches, missed-passes, scissor, offloading out of contact) – **RARELY** used successfully
- Scrum (binding, position of feet and angle of drive) – **RARELY** successful
- Lineouts tactics, roles and support (lifting after yr 9) – **Not taught in year 7**
- Kicking (high ball, grubber, box, conversions, penalties, drop goals) – **Not taught in year 7**

Decision Making:

- Communication with teammates regarding offensive and defensive strategies – **RARELY** used effectively
- Tactics and strategies (Attacking and defensive alignment). – **RARELY** used effectively during games, although can **SOMETIMES** realign correctly when ball is out of play
- Choose when to apply appropriate skills – **RARELY** effective

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.

Table Tennis

Students will learn:-

- Table Tennis – Core, and Advanced skills as well as decision making covered over 6 single lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence on the game

Knowledge, Understanding & Skills

Core Skills:

- Forehand and backhand offensive topspin – **RARELY** accurate with spin and power to the back of the table
- Forehand and backhand Defensive strokes (push and slice) – **RARELY** accurate when played with spin
- Forehand and backhand serves – **SOMETIMES** accurate

Advanced Skills:

- Forehand loop (offensive stroke) – **RARELY** accurate to the back of the table
- Block as a defensive stroke – **RARELY** successful
- Strokes with sidespin – **RARELY** accurate
- High Toss Service – **RARELY** accurate

Decision Making:

- Selects appropriate shots and able to play to opponents weaknesses – **RARELY** effective
- Communication with their partner in **doubles** to show understanding of how to apply tactics and strategies (different in attack and defence) – **RARELY** effective

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- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

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- Teacher to use GCSE assessment criteria.