


Scheme of Work	Rugby League				
Phase 1  2 v 1	Objective	Activities	Testing / Competition		
	To comprehend and grasp how to create an overlap and its benefits To comprehend and grasp how to confidently perform with accuracy, these attacking situations. To clearly understand where these situations happen in Rugby League To know, understand and be able to draw the defender and pass to create space To be able to use strategies and techniques to outwit opponents To be able to critically evaluate how well the 2 v 1 situation was and to find ways to improve skills at a 2 v1. To develop the precision, control and fluency of their passing and running	2 v 1 – Static defender. Run to def, and pass to partner near def – then change sides DEF can then move lateral along a line DEF can move in any direction A has 3 seconds to get away from B In 3s, A passes to B who tries to get away from C 3's - Pass ball to partner when they're in space	How many try's scored against a defender in a minute. 3 V 3 ( Non-participants referee for knock on's & forward passes)		
	Assessment	Theoretical PE	Resilience		
	 Ask students for feedback regarding their performances <input checked="" type="checkbox"/> Analyse strength and weaknesses in performances <b>Q &amp; A:</b> Are they outwitting defenders <b>Q &amp; A :</b> What is the best option in a 2 v 1 for attackers? <b>Q &amp; A :</b> What is the best option in a 2 v 1 for defenders? <b>Q &amp; A:</b> Are they making the defenders second guess movements <b>Q &amp; A :</b> Are the movements original and instinctive?	Analysis of basic movements; Look at the types of movement performed when passing i.e. extension of the elbow as the ball is passed. (look at other examples) Look at the planes of motions used when passing the ball across the line. I.e twisting at the hips to pass the ball. Other examples will be needed. Students should be taught to understand and justify appropriate elements of a cool down for different sporting activities allowing the body to recover the removal of lactic acid/CO2/waste products prevent (delayed onset of) muscle soreness/ DOMS	Students are able to use the correct decision-making choices		
Maths	Probability in a 2 v 1 and 3 v 1 situation				
English	Using different media (newspaper, twitter, facebook, radio, TV, etc) read/ watch 2 reports about a rugby league event. Then create 2 of your own reports using the different media available.				
Science	Homeostasis				
Equipment	Rugby League Balls, Cones, Markers, Whistle, Bibs, Stopwatch				