

## Prior Learning

Throwing and catching of a ball.

Movement: sprinting for speed, turning and changing direction.

Playing as a team.

Following rules of a game.



## Key Skills

- Further development of throwing and catching skills.
- Practice of 'pop passes'
- Following a strategy for the game. (eg stay behind the ball)
- Further development of change of speed and direction.
- Agility
- Attack and defence skills.
- Timing and co-ordination.
- Decision making (keep up with the play)

# Year 5/6 – PE & Games



## Tag Rugby



### Sporting Hero: Maro Itoje

**Oghenemaro Miles Itoje** (born 28 October 1994) known as **Maro Itoje**, is an English professional rugby union player. He received his first-call up to the England team in 2016 ahead of the annual Six Nations Championship, and became a firm favourite to both Saracens and England fans. As a schoolboy, Itoje played several sports including basketball, football, rugby and athletics, representing England at U17 level in shot put. He has felt compelled to speak up, adding his voice to the chorus of black sports people who are desperate to use their prominent positions for good – for change.



### Key Knowledge

\*Know how the rules for, and how to participate in a team game.

- You must **pass backward** and **run forward**
- use **strategy** : form a line across the **pitch** (don't run out of the line)
- after a given number of **tags**, the **opposing** team get the ball
- points are scored for a **try**
- Two hands on the ball at all times
- Always pass with 2 hands
- Stand 'on side' (the correct side of the ball)
- **Trys** are scored by placing the ball on the **try line**.

\*Understand running techniques to improve performance whilst applying skills & tactics to the competitive situation.

### Key Vocabulary

**Pass:** to transfer the ball between players

**Pop pass:** a short pass

**Tag:** the piece of fabric or plastic that you wear as a tag and the act of catching the tag.

**Pitch:** the area of play

**Try:** the score achieved as you put the ball down on the try line.

**Try line:** the line, in line with the goal posts where a goal is scored

**Opponent:** the opposite team member

**Possession:** having the ball

**Strategy:** a plan of action designed to achieve a goal.

**Agility:** skills of quick and flexible movement

**Co-ordination:** the body's ability to perform smooth and efficient movements.

**Resting heart rate:** Your **resting heart rate** (RHR) is the number of times your **heart beats** per minute (**bpm**) while at complete **rest**.

**Stamina:** the ability or strength to keep doing something for a long time.

**Cardiovascular fitness:** this is the heart's ability to withstand extended periods of activity.



## Key Terms

### Tactical Skills

attack and defence

free space

losing an opponent

change of speed

timing

decision making

### Physical Fitness

speed

strength

power

stamina

coordination

agility

reaction time