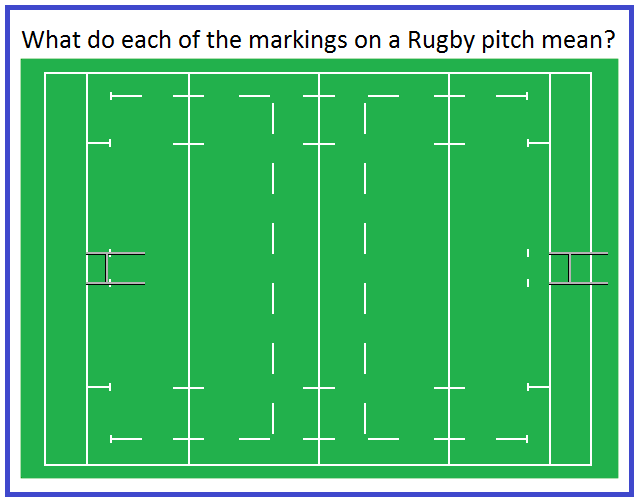
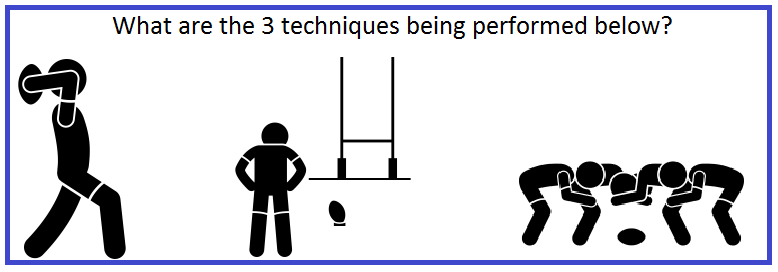
**Rugby Union**



How many Points do you get for scoring the following?

1. Try

2. Conversion

3. Penalty

4. Drop Goal

How many players are there on a Rugby Union team and what number would a Hooker and Fly half wear?

**Describe 5 key rules in Rugby**

1.

2.

3.

4.

5.



|  |  |
| --- | --- |
| **Challenge 1**  Find out what a ‘grubber kick’ is and attempt this over 5/8/10m  +Attempt with non-dominant foot  https://static.thenounproject.com/png/2744745-200.png | **Challenge 2**  Perform 30 seconds of lateral passing with a partner in both directions (left & right)  + Increase the distance  https://static.thenounproject.com/png/2744752-200.png |
| **Challenge 3**  https://static.thenounproject.com/png/2744749-200.png  Practise your try scoring technique. You must apply downward pressure on the ball  +Research Chris Ashton’s famous try scoring technique on YouTube | **Challenge 4**  Dustbin Drop Goal  Research how to perform a drop goal and attempt this from 5m.  +Increase distance to 7/9m and attempt with non-dominant foot |
| **Challenge 5**  Identify who these famous England payers are and what position they play. Look up footage of them on YouTube | **Challenge 6**  Get pictured completing any challenge and tweet @montsayepe |

**Rugby Union Challenges**

**Teamwork**

This term you have had a focus on improving the Montsaye’ s value of Aspiration. You have done this by learning about developing Teamwork. Below is what is expected from a Year 7 student in relation to teamwork skills. Take time to reflect and give an example of how you have demonstrated each of these in your Rugby lessons this term.

|  |  |
| --- | --- |
| Example of Teamwork | Example when you have demonstrated this in Rugby |
| Name 3 skills which are important to be able to demonstrate good teamwork |  |
| Describe a time you have demonstrated good teamwork in a rugby lesson. |  |
| Using the example you provided above, explain what happened as a consequence of your good teamwork. |  |
| Give 2 examples where you used verbal communication skills to give feedback to another person / team. |  |
| Give 2 examples where you used non-verbal communication skills to give feedback to another person / team. |  |

**If you would like to take part in extra-curricular activities within the PE department – please see our timetable of activities below.**

