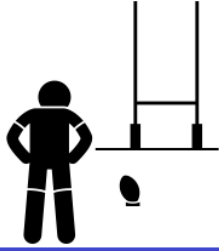




Rugby Union



What are the 3 techniques being performed below?



Montsaye  ACADEMY
Excellence Resilience Aspiration

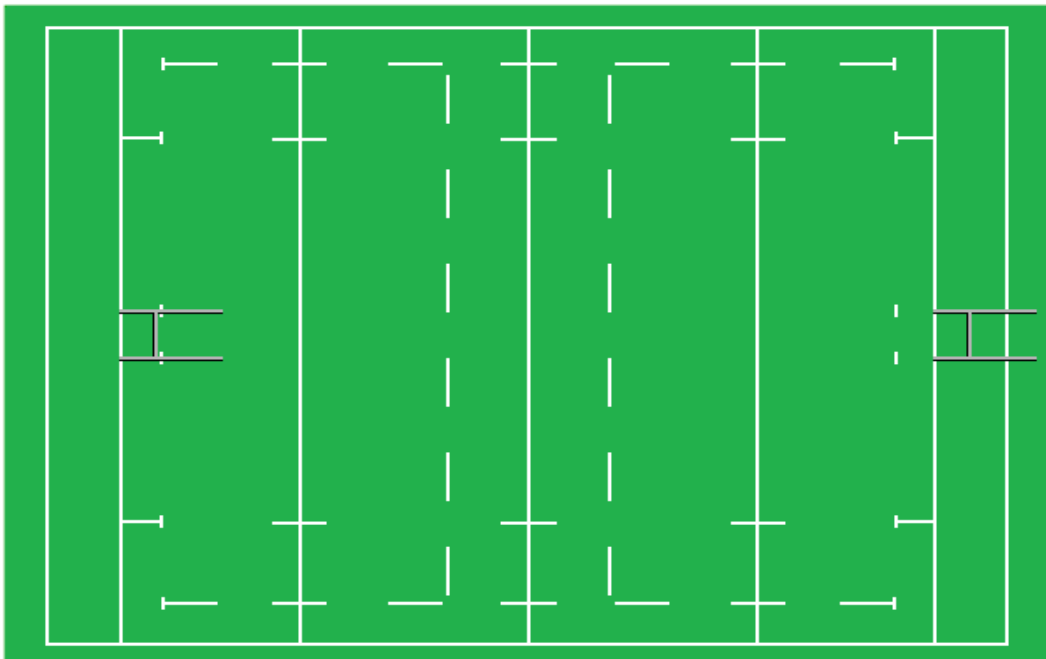
Excellence: You have learnt the following skills in rugby. Choose one skill and describe the correct technique required to perform the skill.

Ball handling and carrying skills, Passing technique off both sides, beating opponents using **change of pace/direction** and Try scoring- **grounding the ball with downward pressure**



England
Rugby

What do each of the markings on a Rugby pitch mean?



Rugby Union Challenges

Challenge 1



Find out what a 'grubber kick' is and attempt this over 5/8/10m

+Attempt with non-dominant foot

Challenge 2



Perform 30 seconds of lateral passing with a partner in both directions (left & right)

+ Increase the distance

Challenge 3



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 players are and what position they play. Look up footage of them on YouTube

Challenge 6

Get pictured completing any challenge and tweet [@montsayepe](https://twitter.com/montsayepe)



Montsaye PE Dept
@montsayepe

Montsaye Academy Physical Education and Sports Department

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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 8 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
Give 2 examples of when you have demonstrated respect to a team mate, opposition player or referee during your rugby lessons.	
Explain why in a team game such as rugby, it is important for excellent teamwork to be demonstrated.	
Explain how verbal communication can improve teamwork and group success.	
Using an example, explain what would happen to a team's performance if communication was poor	
Explain how non-verbal communication can improve teamwork and group success.	
Using an example, explain what would happen to a team's performance if non-verbal communication was poor.	

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



Extra Curricular PE - 2022

Wednesday lunchtime – Boys Dance Company

Afterschool clubs 3pm – 4pm.

Monday	Tuesday	Wednesday	Thursday	Friday
All year groups Netball club Mrs Hodges	Y10 – Y13 Basketball club Mr Wing Fortnightly	Y7, Y8 and Y9 Football club Mr Levett and Mr Jordan	Girls football club All years Miss Lauder	Y9 – 13 MDC Mrs George
Y7 and 8 + Sixth form Fitness suite Sports centre staff	Y9 - Y13 Fitness suite Sports centre staff	Y7-9 Basketball Miss Lauder	Y7 – Y11 Coached gym Mr Siddons	Free swim session Pool time: 3pm – 3.35pm Year 7 and 8
Y7 – 11 Musical rehearsals (dance) Mrs George	Y10 – 13 Dance rehearsal Space Dance Studio Mrs George	Y7 – 11 Dance club Dance studio Mrs George	All years Dodgeball Club (Old gym) Mr Garner	Sixth Form Fitness Suite Sports Centre Staff
		Learn to Swim Lessons Please speak to Mr Wing to sign up 2.50 – 3.40 Sports centre Staff	All Years Badminton club Mr Beet	

Next ERA
Excellence Resilience Aspiration