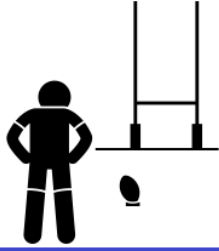




# Rugby Union



What are the 3 techniques being performed below?



Montsaye  ACADEMY  
Excellence Resilience Aspiration

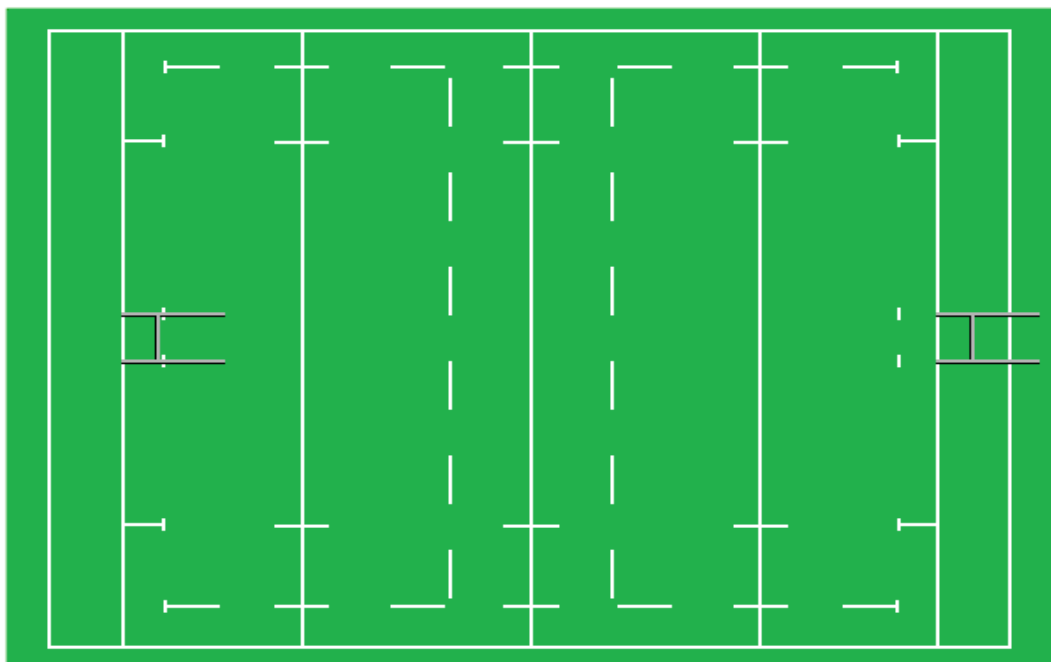
**Excellence:** You have learnt the following skills in rugby. Choose one skill and describe the correct technique required to perform the skill.

Ball handling and carrying skills, Passing technique (pop and spin) using **either hand/side**, Receiving the ball, Beating opponents (**side-step**), Try scoring- (1 and 2 hands), Tackling from the **front and side in games**, **Rucking and Mauling**



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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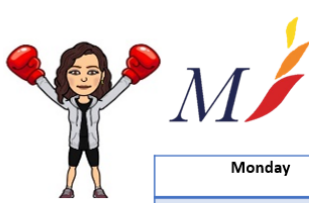
306 Following 665 Followers

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

