**6ACADEMIC SCHEME OF WORK FOR RUGBY LEAGUE DELIVERY**

**KEY STAGE 2**

We break up our Key Stage 2 into two different blocks. Block one is Year 3 & 4. Block two is Year 5 & 6. Our coaching blocks are split into 5 themes.

**For year 3 & 4 these are:**

1. Grip and Carry – Fundamental movement skills, technique, control, and balance.
2. Catch and Pass – Throwing and catching in isolation and in combination.
3. Play the Ball and Try Scoring - Fundamental movement skills, technique, control, and balance.
4. Tag/Tackle – basic principles for attacking and defending.
5. Modified Games – Playing competitive games and applying principles suitable for attacking and defending.

**For year 5 & 6 these are:**

1. Grip and carry with evasion – Fundamental movement skills, technique, control, and balance and Attacking principles.
2. Decision making when to run and when to pass – Throwing and catching in isolation and in combination and Attacking principles.
3. Defending Principles – applying principles of defence
4. Modified Games – Playing competitive games and applying principles suitable for attacking and defending.
5. Modified Games – Playing competitive games and applying principles suitable for attacking and defending and comparing performances.

Our blocks are modified separately for each year group with different expectation assessments for each year group.

**For year 3 & 4 these are:**

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| **Skill** | **Year 3** | **Year 4** |
| **Grip and Carry** | Participants can move with the ball in two hands, changing direction and pace. | Participants can move with the ball in two hands changing direction and pace. Participants can also securely grip the ball under pressure whilst moving. |
| **Catch** | Participants can catch the ball with two hands static. | Participants can catch the ball whilst moving. Or Catch static off the Chest. |
| **Pass** | Participants can Pass the ball both ways with two hands static. | Participants can Pass the ball both ways with two hands whilst moving. |
| **Play the Ball** | Participants can show they understand how and when to Play the Ball. | Participants can show they understand how and when to Play the Ball. They can also demonstrate this technique with balance, co-ordination, and control without dropping the ball. |
| **Try Scoring** | Participants can pick up a ball and place it down with two hands. | Participants can pick up a ball and place it down with two hands whilst moving and changing speeds. |
| **Defending Principles** | Participants understand to tag the player with the ball and can do so whilst moving. | Participants understand when to be patient and when to pounce in defending scenarios. |
| **Attacking Principles** | Participants understand to move forward with the ball to get closer to the other teams try line. | Participants understand to move forward with the ball to get closer to the other teams try line and how changing direction and pace may help this. |

**For year 5 & 6 these are:**

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| **Skill** | **Year 5** | **Year 6** |
| **Grip and Carry with Evasion** | Participants can move with the ball in two hands changing direction and pace. Participants can also securely grip the ball whilst moving and attempting to evade defenders. | Participants can move with the ball in two hands changing direction and pace. Participants can also securely grip the ball whilst changing grip from one to two hands or two to one hand whist moving and attempting to evade defenders. |
| **Catch** | Participants can catch the ball whilst moving onto a static pass from the hooker at pace. | Participants can catch the ball whilst moving onto a static pass from the hooker at pace. Along with retrieving the ball low and high. |
| **Pass** | Participants can Pass the ball both ways with two hands whilst moving to a moving target. | Participants can Pass the ball both ways with two hands whilst moving to a moving target under pressure. |
| **Play the Ball** | They can also demonstrate this technique with balance, co-ordination, and control without dropping the ball and performing the skill at pace. | They can also demonstrate this technique with balance, co-ordination, and control without dropping the ball and performing the skill at pace. Participants understand how doing this at pace can give them a competitive advantage. |
| **Try Scoring** | Participants can pick up a ball and place it down with two hands whilst beating defenders. | Participants can pick up a ball and place it down with one and two hands whilst changing pace and direction and attempting to beat defenders. |
| **Defending Principles** | Understanding when to be patient and when to pounce to tag an attacker. Along with understanding how to do this with others. | Participants understand the importance of communication and collaboration when defending with us. |
| **Attacking Principles** | Participants can understand when to run and when to pass to a teammate. | Participants start to recognise space and understand when to run and when to pass into space. |

**DELIVERY PROGRESS PLAN.**

Level 1 – Year 3/ Level 2 – Year 4/ Level 3 – Year 5/ Level 4 – Year 6. For more advance classes excel to a higher level. Individualise learning for individuals who excel micro-coach everyone as close to their level as possible with in set tasks. For example, if a year 3 (Level 1) is efficient at catching with two hands, encourage them to catch off the chest (Level 2).

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| **Skill** | **Level 1 (Y3)** | **Level 2 (Y4)** | **Level 3 (Y5)** | **Level 4 (Y6)** |
| **Grip and Carry with Evasion** | Participants can move with the ball in two hands, changing direction and pace. | Participants can move with the ball in two hands changing direction and pace. Participants can also securely grip the ball under pressure whilst moving. | Participants can move with the ball in two hands changing direction and pace. Participants can also securely grip the ball whilst moving and attempting to evade defenders. | Participants can move with the ball in two hands changing direction and pace. Participants can also securely grip the ball whilst changing grip from one to two hands or two to one hand whist moving and attempting to evade defenders. |
| **Catch** | Participants can catch the ball with two hands static. | Participants can catch the ball whilst moving. Or Catch static off the Chest. | Participants can catch the ball whilst moving onto a static pass from the hooker at pace. | Participants can catch the ball whilst moving onto a static pass from the hooker at pace. Along with retrieving the ball low and high. |
| **Pass** | Participants can Pass the ball both ways with two hands static. | Participants can Pass the ball both ways with two hands whilst moving. | Participants can Pass the ball both ways with two hands whilst moving to a moving target. | Participants can Pass the ball both ways with two hands whilst moving to a moving target under pressure. |
| **Play the Ball** | Participants can show they understand how and when to Play the Ball. | Participants can show they understand how and when to Play the Ball. They can also demonstrate this technique with balance, co-ordination, and control without dropping the ball. | They can also demonstrate this technique with balance, co-ordination, and control without dropping the ball and performing the skill at pace. | They can also demonstrate this technique with balance, co-ordination, and control without dropping the ball and performing the skill at pace. Participants understand how doing this at pace can give them a competitive advantage. |
| **Try Scoring** | Participants can pick up a ball and place it down with two hands. | Participants can pick up a ball and place it down with two hands whilst moving and changing speeds. | Participants can pick up a ball and place it down with two hands whilst beating defenders. | Participants can pick up a ball and place it down with one and two hands whilst changing pace and direction and attempting to beat defenders. |
| **Defending Principles** | Participants understand to tag the player with the ball and can do so whilst moving. | Participants understand when to be patient and when to pounce in defending scenarios. | Understanding when to be patient and when to pounce to tag an attacker. Along with understanding how to do this with others. | Participants understand the importance of communication and collaboration when defending with us. |
| **Attacking Principles** | Participants understand to move forward with the ball to get closer to the other teams try line. | Participants understand to move forward with the ball to get closer to the other teams try line and how changing direction and pace may help this. | Participants can understand when to run and when to pass to a teammate. | Participants start to recognise space and understand when to run and when to pass into space. |