### Overview of the 10-week program (Matrix)

#### Aims & Objectives

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>-Students should understand and interpret how to pass and catch the ball within touch rugby</td>
<td>-Students should interpret and understand the basic rules of touch rugby</td>
<td>-Students should have developed full game rules now</td>
<td>-Students should start regulating the umpiring as practice for the first week of SEPEP</td>
<td>-Occurring during Health Lesson=</td>
</tr>
<tr>
<td>-Advancement this skill through passing games on the move</td>
<td>-Start developing the 2v1 scenarios to work out strategies of attack and defence for students</td>
<td>-Continuing to develop offence and defensive strategies in 3v1 scenarios</td>
<td>-Game like scenarios played out with 4v4</td>
<td>-Once students have been allocated or chosen for their roles, students need to begin taking action</td>
</tr>
<tr>
<td>-Modified games and skills are presented to encourage game awareness and strategies of the students</td>
<td></td>
<td>-Decision making will now occur by the students as they process their strategies</td>
<td>-Shoot out is incorporated with strategies, and decision making as students should be advancing their plays and passes</td>
<td>-Roles should include Sports board, results, festivities, selection, publicity manager, statistician, and fixtures</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Physical Education lesson=</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>-Students should get game like practice throughout this lesson and prepared for the tournament to begin</td>
</tr>
</tbody>
</table>

#### Skills

- The basic pass backwards
- Moving whilst passing incorporating multiple passing games
- Introducing game play rules that include roll ball and offside
- Backwards passing to score a try, 2v1 scenarios
- Introducing game play rules that include roll ball, offside, forward pass and penalties
- 3v0 and 3v1 within a limited space
- Game play, introducing full game play rules and a 4v4 scenario
- Students essential to umpire and control the games

**Warm Up- Ball Runner (ACPMP101 -)**

- Passing must be quick, flat and fast between each partner
- Students must be alert, ready and reaction time must be instant

**Warm Up- British bulldogs (ACPMP101 -)**

- Students are to evade and use their agility to avoid defenders in the middle
- Once a defender, watch the hips and try and tag the attackers

**Warm Up- React and Catch (ACPMP101 -)**

- Focuses on handling of the ball and again the different shape to what a round ball which is easier to catch
- Students focus on the roll ball, being quick, fast and happens as soon as the student has been tagged

**Warm Up- Scoop Tag (ACPMP101 -)**

- Advanced touch rugby skills and strategies, with game like drills throughout the lesson

**Warm Up- Tricky Touchdown (ACPMP101 -)**

- Students must...