

Overview of the 10-week program (Matrix)

	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>
<p><u>Aims & Objectives</u></p>	<p>-Students should understand and interpret how to pass and catch the ball within touch rugby</p> <p>-Advancement this skill through passing games on the move</p> <p>-Modified games and skills are presented to encourage game awareness and strategies of the students</p>	<p>-Students should interpret and understand the basic rules of touch rugby</p> <p>-Start developing the 2v1 scenarios to work out strategies of attack and defence for students</p>	<p>-Students should have developed full game rules now</p> <p>-Continuing to develop offence and defensive strategies in 3v1 scenarios</p> <p>-Decision making will now occur by the students as they process their strategies</p>	<p>-Students should start regulating the umpiring as practice for the first week of SEPEP</p> <p>-Game like scenarios played out with 1v4</p> <p>-Skill development is incorporated with strategies, and decision making as students should be advancing their plays and passes</p>	<p>-Occurring during Health Lesson=</p> <p>-Once students have been allocated or chosen for their roles, students need to begin taking action</p> <p>-Roles should include Sports board, results, festivities, selection, publicity manager, statistician, and fixtures</p> <p>Physical Education lesson=</p> <p>-Students should get game like practice throughout this lesson and prepared for the tournament to begin</p>
<p><u>Skills</u></p> <p><u>(Includes one full lesson for each week)</u></p>	<p>-The basic pass backwards</p> <p>-Moving whilst passing incorporating multiple passing games</p> <p><u>Warm Up- Ball Runner</u> (ACPMP101 -)</p> <p>-Passing must be quick, flat and fast between each partner</p> <p>-Students must be alert, ready and reaction time must be instant</p>	<p>-Introducing game play rules that include roll ball and offside</p> <p>-Backwards passing to score a try, 2v1 scenarios</p> <p><u>Warm Up- British bulldogs</u> (ACPMP101 -)</p> <p>-Students are to evade and use their agility to avoid defenders in the middle</p> <p>-Once a defender, watch the hips and try and tag the attackers</p>	<p>-Introducing game play rules that include roll ball, offside, forward pass and penalties</p> <p>-3v0 and 3v1 within a limited space</p> <p><u>Warm Up- React and Catch</u> (ACPMP101 -)</p> <p>-Focuses on handling of the ball and again the different shape to what a round ball which is easier to catch</p>	<p>-Game play, introducing full game play rules and a 4v4 scenario</p> <p>-Students essential to umpire and control the games</p> <p><u>Warm Up- Scoop Tag</u> (ACPMP101 -)</p> <p>-Students focus on the roll ball, being quick, fast and happens as soon as the student has been tagged</p>	<p>-SEPEP teams introduced, students roles are announced and the first fixtures are released for next week</p> <p>-Advanced touch rugby skills and strategies, with game like drills throughout the lesson</p> <p><u>Warm Up- Tricky Touchdown</u> (ACPMP101 -)</p> <p>-Students must</p>

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