

PROGRESSION OF KEY SKILLS

Rugby - Progression of Key Skills (Invasion Games)

Reception – (through intro First PE unit)

EY

- > Follow a partner to steal their bib
- > Move with different objects in their hands
- > Passing an object to another child
- > Moving around in a space in different ways
- > Scoring points with beanbag treasure in a simple hoop invasion game



Year 1 – (through intro Ball Skills unit)

1

- > Play a simple game of tag
- > Move with control with the ball in their hands at chest height
- > Hand over the Rugby ball sideways
- > Attempt to get past a defender
- > Scoring a try in a modified drill using correct technique- stay on feet using 2 hands

Year 2 – (through intro Ball Skills unit)

2

- > Play a tag game whilst moving at speed
- > Move with the ball holding it with hands - in 'W' shape at chest height
- > Pass the ball sideways- with smile technique
- > Dodge around a defender in small area
- > Scoring a try in a 2v2 game in the end zone



Year 3

3

- > Tag a player in isolation using the tag belts
- > Move with a ball in their hand using correct position 'dirty fingers clean palms'
- > Pass the ball backwards and sideways in isolation
- > In warm ups develop running for distance
- > Move into a space to avoid a defender through dodging techniques
- > Beat a defender to score a try



Year 4

4

- > Tag a player whilst moving using tag belts
- > Move with control in a variety of directions holding the ball in the correct position.
- > Pass the ball backwards/ sideways with control whilst moving
- > In warm ups develop running for distance increasing each lesson
- > Use speed and space to avoid a passive defender
- > Beat a defender at speed to score a try

Year 5

5

- > Tag more than one player using either hand whilst moving with tag belts
- > Choose different pathways to move with a ball in hands against a defender
- > Pass and receive the ball in a game situation
- > Use speed and space to avoid an active defender
- > In a game situation beat defenders to score a try

Year 6

6

- > Tag a player using either hand when moving at full speed in a game situation
- > Dodge around a defender at speed with a ball in hands avoiding being tagged
- > Pass and receive the ball when in a pressurised modified game situation
- > Play modified competitive games avoiding defenders
- > Work as a team in a game situation to score a try

