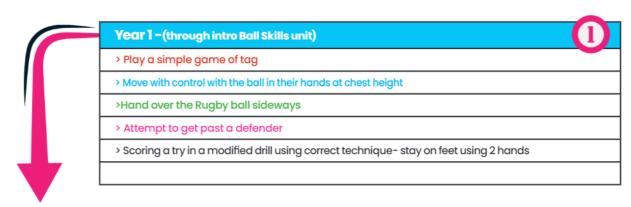
PROGRESSION OF KEY SKILLS

Rugby - Progression of Key Skills (Invasion Games)

Reception – (through intro First PE unit) > 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 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

- > 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 whist 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

- > 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

- > 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



