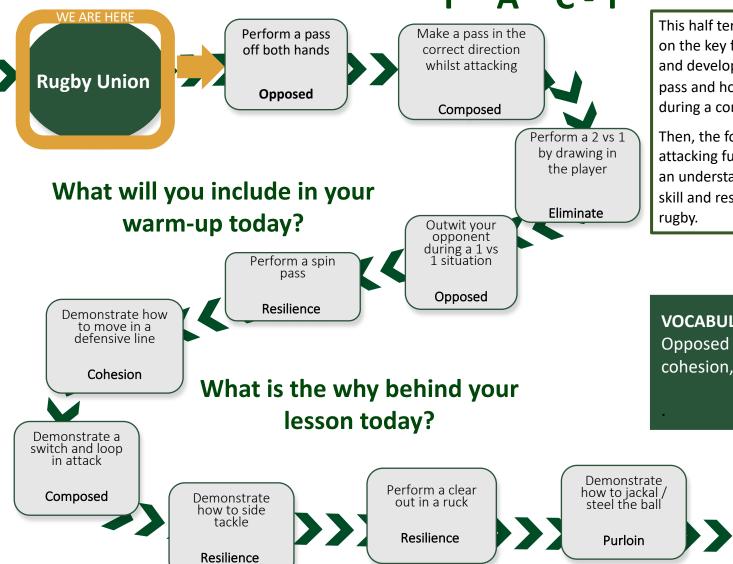
LEARNING JOURNEY

Rugby Union





This half term you will start off by focusing on the key fundamental skill of passing and developing it from a pass to a spin pass and how it can be used effectively during a competitive situation.

Then, the focus will shift to defensive and attacking fundamentals. This will develop an understanding of how to combat each skill and result in a full contact game of rugby.

VOCABULARY Opposed , eliminate, resilience, cohesion, composed / creativity

Perform an

uncontested 3-

person scrum

Cohesion