

Session	Learning Objectives National Curriculum KS3	Activities
Session One Meet the Girls	<p>Objective:</p> <p>To inspire girls to play rugby and become Champions of Tomorrow.</p> <p>National Curriculum:</p> <p>To take part in competitive sports and activities outside school through community links or sports clubs.</p> <p>To take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p> <p>To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p>	<p>Year7/8 Girls Assembly</p> <p>Present Power-Point presentation on Champions of Tomorrow</p> <p>2/3 Gloucester Hartpury Ladies Players life stories into rugby</p> <p>Questions and answers to the players from the girls</p> <p>Photos and signing with players and Allianz Cup</p>
Session Two Catch & Pass	<p>Learning Objective:</p> <p>To understand how to run forward and pass the ball back effectively.</p> <p>National Curriculum:</p> <p>To improve running, jumping, throwing and catching in isolation and in combination.</p> <p>To develop flexibility, strength, technique, control and balance.</p> <p>To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p>	<p>Warm Up – Keep the Ball.</p> <p>Make five consecutive passes without the ball being dropped or intercepted. Players can run with the ball and pass in any direction. Players must always remain a meter from other players.</p> <p>Stretches - Led by one/two players to encourage leadership skills.</p> <p>Catch, Pass, Catch.</p> <p>Run in pairs and pass the ball to the coach. Run around the cone, receive the ball back off the coach, pass and score.</p> <p>Waves of Four.</p> <p>2 defenders in a line. Defenders must stay on that line whilst four attackers run past. Progress to defenders can move anywhere if appropriate.</p>

	<p>Coaching Points: Ball Player - Early catch off chest. Winners' hands. Stay square. Pass both hands to target.</p> <p>Ball Support – Scan for options. Hold depth. Call for ball. Accelerate onto the ball.</p> <p>Defenders – Connections. Tactical communications</p>	<p>Touch Game. 2 extra attackers to encourage forward momentum.</p> <p>Evaluation – what went well / what was difficult to encourage self-reflection and personal awareness.</p>
<p>Session Three Tackling</p>	<p>Assessment Criteria: Player can demonstrate a safe tackle.</p> <p>Learning Objective: To make an effective and safe tackle. Looking to develop timing and confidence of tackler.</p> <p>National Curriculum: To improve balance, agility and co-ordination, and apply this to tackling. To Participate in team games, developing simple tactics for attacking and defending</p> <p>Coaching Points: Zoom, Cruise, Boom.</p> <p>Stay square. Foot in close. Shoulder contact first. Drive them back. Chop feet to get in close</p>	<p>Warm up – Bulldog. Non-contact. Two hands on the hip for successful tackle.</p> <p>Stretches - Led by one/two players to encourage leadership skills.</p> <p>Split into Pairs – ask players to pick a player who is of equal size to themselves and let them select who wears a bib. Provides autonomy and ownership to players.</p> <p>1v1 Challenges Back-to-back shoulder down. Led on top of each other, attacker must stand up whilst defender tries to keep attacker on the floor.</p> <p>Tackle Technique Explanation and demonstration of tower of power and tackle. Diamond 1v1 try. Back-to-back oranges and lemons.</p> <p>Tackle Game Start with tackle body position, and a three second drive. If appropriate progress to full tackle.</p> <p>Evaluation – what went well / what was difficult to encourage self-reflection and personal awareness.</p>

<p>Session Four-Guest Coach</p> <p>Tackle and Teamwork</p>	<p>Learning Objective: To build confidence in the tackle and encourage teamwork and support.</p> <p>National Curriculum: To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. To develop their technique and improve their performance. To analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Coaching Points: Lots of opportunities for team discussions and questions for problem solving.</p> <p>Zoom, Cruise, Boom. Stay square. Foot in close. Shoulder contact first. Drive them back. Chop feet to get in close.</p>	<p>Warm Up – Capture the Flag 2 sides with two end zones. A “prison” on the side in the middle. An equal number of balls are placed in each end zone. Players are asked to pair up with someone of similar playing position. Bib is placed in the middle of the players lined up. Heads, shoulders, heads, knees, shoulders, bib. The winning player selects if they wear the bib or not. The object of the game is to get all the balls into your end zone. If you are in the opposition’s half, you must be in bear crawl. As players for rule adaptations to encourage collaboration, creativity and problem solving.</p> <p>Stretches - Led by one/two players to encourage leadership skills.</p> <p>Diamond tackle Revisit tower of power tackle technique and 1v1 tackle. Three players on the inside, five players on the outside of a diamond. Jog side to side on Coaches call players inside must avoid being tackled by outside players and score try.</p> <p>Capture the Flag Progression Same set up as before, but nine balls on the middle line. The bear crawl is removed, and players are allowed to tackle opposition when they are in their half. If successfully tackled the player must go to “prison”. Players can tag their fellow players out of prison. The object of the game is to get all the balls into your end zone. Allow players opportunities to problem solve and collaborate. Evaluation – what went well / what was difficult to encourage self-reflection and personal awareness.</p>
<p>Session Five</p> <p>Ruck</p>	<p>Lesson Objective: To understand the importance of good body position and speed at a breakdown.</p> <p>National Curriculum: To develop their technique and improve their performance.</p>	<p>Warm up – Activation Bear crawl position in a line. The coach walks left to right, forwards and backwards, and players must follow. Press-up position. Players must move around in the press-up position and try to remove other players’ arms, so they fall, to become the last player in the press-up position. 1v1 press up competition of a player similar position and size. The player who wins chooses if they put the bib on or not.</p>

	<p>To improve flexibility, strength, technique, control and balance.</p> <p>To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Coaching Points: Tower of power, sink hips, drive forward, power through your legs and core.</p>	<p>Conditioned Touch: When touched, the player goes down in a long and strong position. Next player secures. 2 defenders take a knee either side.</p> <p>Piggy in the Middle: On the coaches' whistle, the player with the ball presents, paired player secures, and piggy tries to steal the ball.</p> <p>Conditioned Touch: When touched the player presents long and strong. Then there is a 1v1 contest for the ruck. Progress to full tackle if appropriate.</p> <p>Evaluation – what went well / what was difficult to encourage self-reflection and personal awareness.</p>
<p>Session Six Scrums</p>	<p>Learning Objective: To understand how to scrum effectively and safely.</p> <p>National Curriculum: To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. To develop their technique and improve their performance. To improve flexibility, strength, technique, control and balance.</p> <p>Coaching Points: Tower of power, sink hips, drive forward, power through your legs and core.</p>	<p>Warm up – 1v1 Challenges Back-to-back shoulder down. Led on top of each other, attacker must stand up whilst defender tries to keep attacker on the floor.</p> <p>Stretches - Led by one/two players to encourage leadership skills.</p> <p>Scrum Technique Re-visit tower of power position. On knees, 1v1, opposite each other come up together over a line. Then progress to push over a line. Then progress to 2v2, 3v3.</p> <p>Conditioned Touch: When the player is touched, the touched player and the player who made the touch contest in a 1v1 scrum with the nearest 2 players acting as scrum half.</p> <p>Skill Zone: 3v3 Scrum. Winning scrumhalf carries the ball into a 4x4 grid. Players leave scrum and enter grid with scrumhalf. Optional touch or tackle and ruck game.</p>

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<p>Session 7- Guest Coach Games</p>	<p>Learning Objective: To incorporate all the skills learnt into a game of Rugby.</p> <p>National Curriculum: To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. To develop their technique and improve their performance in competitive sports. To take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. To analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Split into 2 equal teams and allow players to select a captain.</p> <p>Warm Up + Stretches – Led by Captains</p> <p>Match</p> <p>Evaluation – Provide feedback sheets for students to fill out with their teacher. Provide teachers with completed Success Criteria Sheet.</p>
<p>Session 8 - CPD</p>	<p>Learning Objective: To upskill P.E. teachers in the basics of coaching rugby. To provide confidence in rugby delivery, after the program has finished.</p>	<p>Indoors. Brief introduction followed by session planning.</p> <p>Outdoors. P.E. teachers to lead planned session.</p> <p>Indoors. Reflection and resources to be provided.</p>

Champions of Tomorrow Schools Festival	Learning Objective: To help forge a gender equal world. To maintain a gender equal mindset. To challenge gender stereotypes, discrimination & bias. To call out gendered actions or assumptions. To forge positive visibility of women. To celebrate women's achievements.	Round-Robin Schools Tournament.
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