

Things I should be able to talk about

- Consolidate and improve the **quality, range and consistency** of your physical techniques—passing, receiving and tagging.
- Choose and use simple tactics and strategies in different situations.
- To know the long-term effects of exercise on the body
- To measure the long-term effects of exercise on the body
- Describe how the body reacts to different types of activity
- Describe and evaluate the effectiveness of performances

Year 5 & 6 Invasion

Vocab

- **Evading**—avoid the other players by using the space and your body effectively.
- **Long-term effects**—health benefits
- **Tagging**—to pull the tag from someone else and shout ‘tag’.



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 Played for New Zealand as winger who battled kidney disorder and had a transplant.

Rugby

New knowledge and skills

Evading	Passing/ receiving	Attacking and defending	Tagging	Teamwork
Running at speed Changing direction Look at the space Aim for gaps	Passing— Stand sideways Keep your hands on the side of the ball Swing your arms	Attacking— Link to tagging Run at speed Side step Change direction and speed	Running at speed Changing direction Look for the players	Using knowledge of the rules and skills to make choices Using your skills as a team to play the game
	Receiving - Open out arms to create a target	Defending - linked to evading Keep your eyes on the tags Monitor the Spaces		

