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| Learning Objectives | Skills | |
| * Demonstrate good handling technique whilst running. * Use the correct technique when handling the ball for passing/catching. * Demonstrate good change of pace when catching and throwing the ball. * Throw and catch using correct ‘W’ technique. * Begin to apply dodging and evasion with the introduction of 2v1 play. * Understand positions in the game and how they help with attacking and defending. * Develop the use of spatial awareness and communication. * Develop skills and ability to defend the ball from opponents. * Develop the different methods of attack and defence of the ‘try’ line. | Warm-up  Handling  ‘W-shape’ handling  Catch  Pocket pass  Evasion | Tagging  Tackle  Score  Attack  Defend  Interception |
| Key Vocabulary | |
| Passing  Catching  Tagging  Forwards  Backwards  Sideways  Invasion | Try  Handling  Spatial awareness  Knock-On  Attacking  Defending |