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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-upHandling‘W-shape’ handlingCatchPocket passEvasion | TaggingTackleScoreAttackDefendInterception |
| Key Vocabulary |
| Passing CatchingTaggingForwardsBackwardsSidewaysInvasion | Try HandlingSpatial awarenessKnock-OnAttackingDefending |