

# Year 7 Physical Education Knowledge Booklet

## Rugby

Name:

Class:



### What PE kit do I need?

Black school PE shorts, blue school PE t-shirt and **school rugby top**.  
Outdoor trainers/football boots and school blue PE football socks.

**\*\* Gum shields are highly recommended for rugby in School.**

### Assessment Criteria

0	Little prior understanding of the game. Very limited basic skills.	
1	Some basic skill development, example basic passing and running skills. Only in isolation.	
2	Travels with the ball when in possession. Developing understanding of basic skills.	
3	Runs, passes and defends well using touch tackle. Contact skills emerging including tackling.	
4	Contact tackling effective. Beginning to demonstrate breakdown skills (Ruck/Maul).	
5	Strong influence in a game. Skill and knowledge of scrums and line outs.	
6	Experienced player who is able to lead others. Likely club level.	
T2	Thinking	Explain the aim and principles of an activity and apply this understanding when participating.
H2	Health	Perform a warm-up independently and explain what I am doing.

### Big Questions

1. How can we develop our attacking skills in Rugby?
2. How can we develop our defending skills in Rugby?
3. What are the key elements in tackling in Rugby?
4. What is a 'breakdown' and what are the rules surrounding this?
5. When do scrums happen and what are the key skills in a scrum?
6. How can we combine skills learnt to be successful in game play?

#### Web Links:

Best try ever:

[https://www.youtube.com/watch?v=NbwSx-xw\\_NU](https://www.youtube.com/watch?v=NbwSx-xw_NU)

Try these - strength and movement skills:

<https://www.youtube.com/watch?v=XVLIfWnX670>



## Catching :

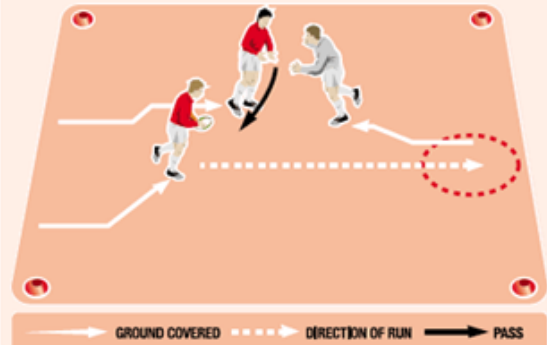
✓ Catching the ball when moving

Call for the ball

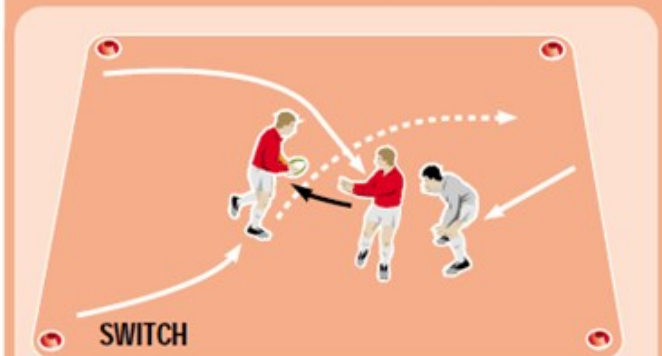
Put your hands up to make a target



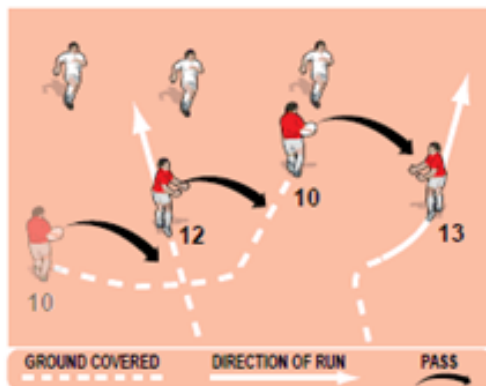
### Draw and pass



### SWITCHES AND DECOYS



### Looping play



10 passes to 12 and loops around to take the pass from 12, then pops to 13.

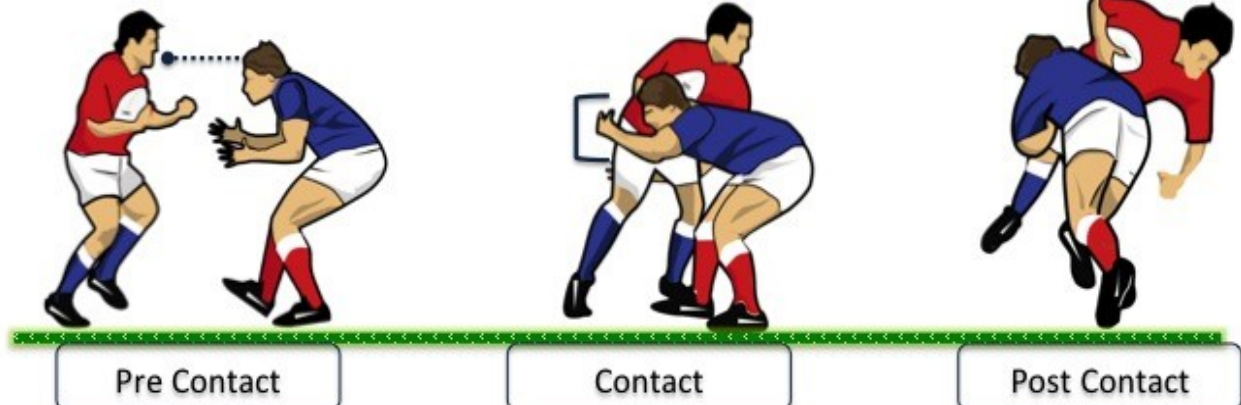
## Tackling :

Head up, forward and facing the ball-carrier

Target shoulder (shoulder tackle) at the mid-torso of the ball-carrier

Counteract the ball-carrier fend (for example, push the ball-carrier arm and hand down)

Leg drive through contact and use arms to wrap or pull ball-carrier towards you

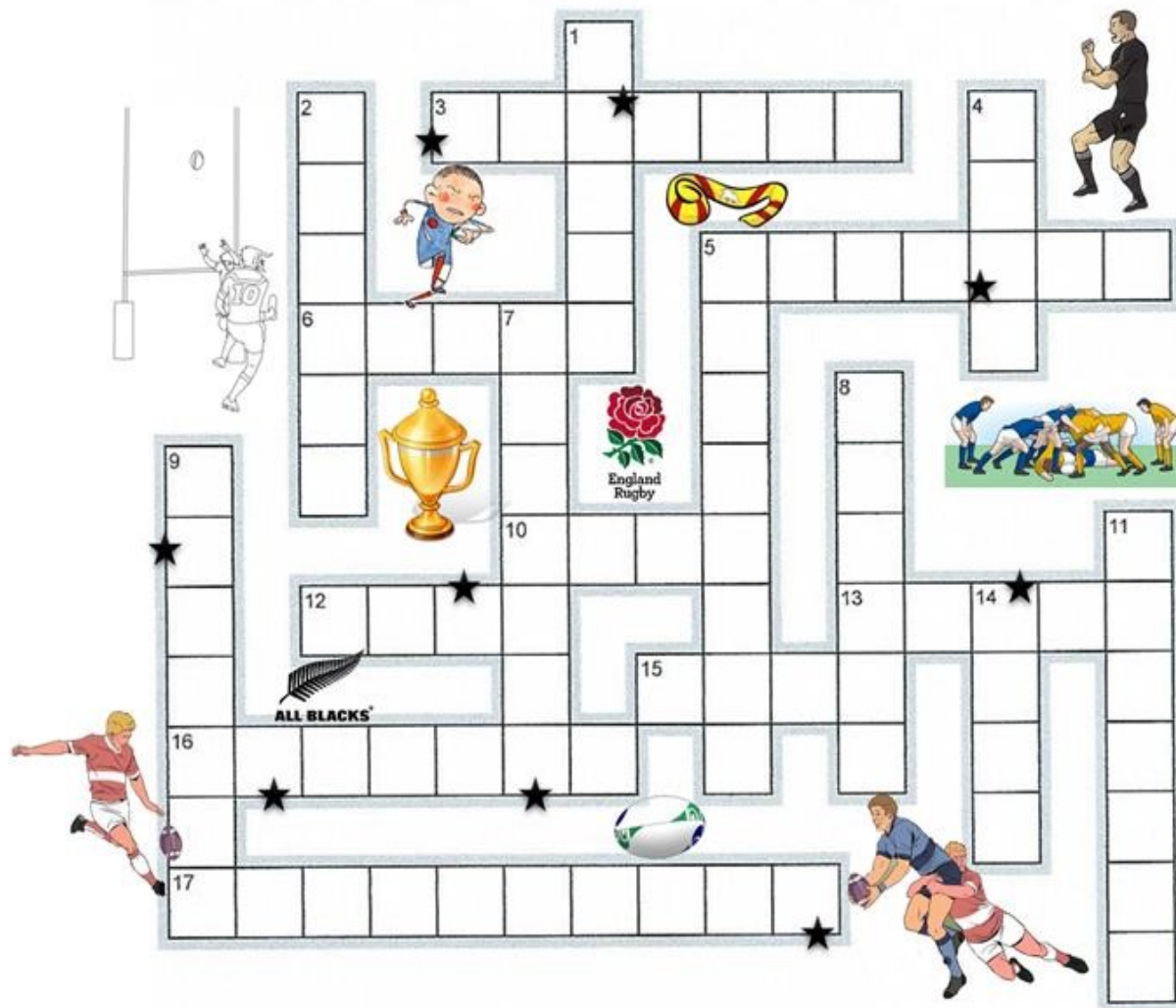


A crossword puzzle about

# RUGBY

Read the clues and fill in the puzzle. The ★ letters will spell out the name of a famous English rugby player.

His name is Jonny \_\_\_\_\_



Across →

3. It is used by the referee.
5. You can watch a rugby game here.
6. This person trains the players.
10. It has fifteen players.
12. It is danced by The All Blacks.
13. The points per team.
15. It is 80 minutes long.
16. This country invented rugby.
17. Another word for fans.

Down ↓

1. The playing field.
2. Animal or thing adopted by a rugby club as its representative symbol and supposed to bring good luck.
4. It is tossed by the referee.
5. It protects the ears.
7. This player is the leader of the team.
8. Another word for a rugby shirt.
9. They are fifteen in a team.
11. This person controls the game.
14. The shape of a rugby ball.