

Year 9 Physical Education Knowledge Booklet

Rugby

Name:

Class:



What PE kit do I need?

Black school PE shorts, blue school PE t-shirt, blue school rugby top,
school blue PE football socks.

Gum Shield recommended

Assessment Criteria

| | | |
|----|--|---|
| 2 | Participates in the game, but with limited involvement. | |
| 3 | Attempts tackles and shows for the ball in a game situation. | |
| 4 | Running, passing and tackling skills developing. Not sure what to do at breakdown. | |
| 5 | Effective running, passing and tackling in a game. Safe and legal at ruck or maul. | |
| 6 | Applies, knowledge, skills and tactics at set plays e.g. scrums and line outs. | |
| 7 | Strong influence in the game with the ability to play a number of positions. | |
| 8 | Experienced player who is able to lead others. Likely club level. | |
| S5 | Social | Demonstrate qualities of a positive role model and I am able to lead simple activities. |
| T5 | Thinking | Analyse technique and suggest strengths and areas for improvement. |

Big Questions

1. Can we remember the safe and correct technique for tackling and how it is needed in game play?
2. How do we perform the skills of Ruck and Maul in key moments in game play (breakdowns).
3. How can we attack as an individual or as a team in order to outwit defenders and score tries?
4. How do we integrate a lineout as a way of re-starting the game? What skills does this require?
5. What part does kicking play in Rugby
6. How can we combine skills learnt in the unit to perform successfully in game play

Web Links:

Amazing rugby skills:

<https://www.youtube.com/watch?v=KuQVgMF7GMs>

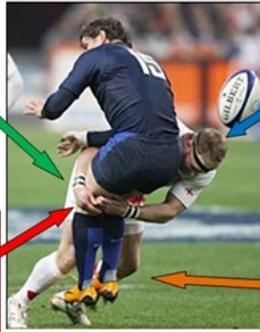
How to take a line out in rugby:

<https://www.youtube.com/watch?v=KuQVgMF7GMs>



Rugby Tackling Technique

Approach attacker low to tackle their legs and waist



Keep head to the side of the attacker's hip to avoid damage to neck, face or head

Create 'lock' around the back of attacker's knees by clasping hands together to collapse opponent's legs

Drive the player backwards with power coming from legs, forcing them to the ground



Positions and roles at a scrum

FORWARDS

1. Loose-head prop
2. Hooker
3. Tight-head prop
4. Lock/2nd row
5. Lock/2nd row
6. Blind-side flanker
7. Open-side flanker
8. Number 8

BACKS

9. Scrum half
10. Fly Half
11. Left wing
12. Inside center
13. Outside center
14. Right wing
15. Fullback



The dreaded off-side rule!

In each of the examples below use the box to the side of the image to explain why the player is in an off-side position and what they would need to do to get on-side.

