

Knowledge

Organiser

*Physical Education*

*Year 7 Rugby*

Name:

Form:



## 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.

**\*\* Gumshields 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	Confident in tackling in a game situation. Beginning to demonstrate breakdown skills (Ruck/Maul)
5	Strong influence in a game. Consistently demonstrates good technique and what to do at ruck/maul.
6	Experienced player who is able to lead others. Likely club level.

## Big Questions

1. What are the key principles of the game and how should you pass and receive the ball?
2. How do we attack and defend as a team?
3. How do we tackle safely and effectively?
4. What is a 'breakdown' and what are the associated rules surrounding this in a game?
5. What should we do at a ruck?
6. How do we behave appropriately in a rugby match?

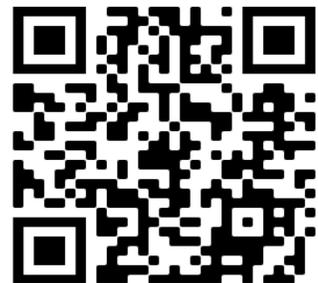
### Web Links:

Best try ever:

<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

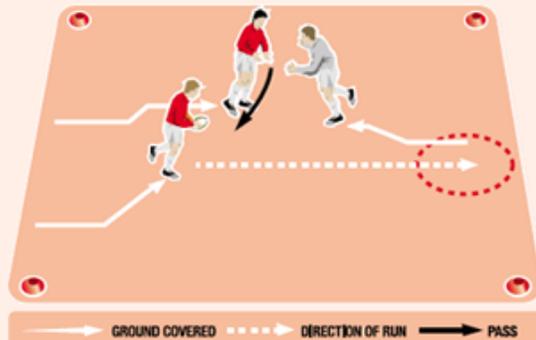
Put your hands up to make a target



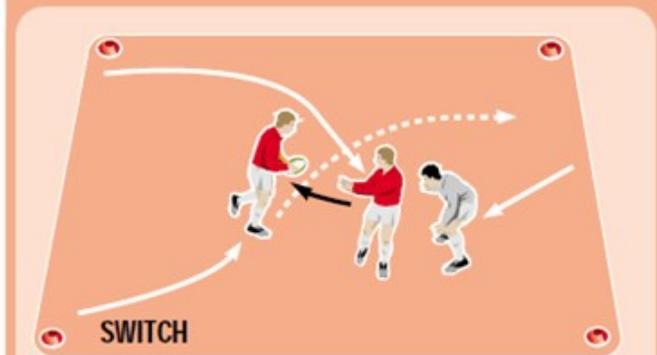
Keep your eyes on the ball

Reach out to take the pass

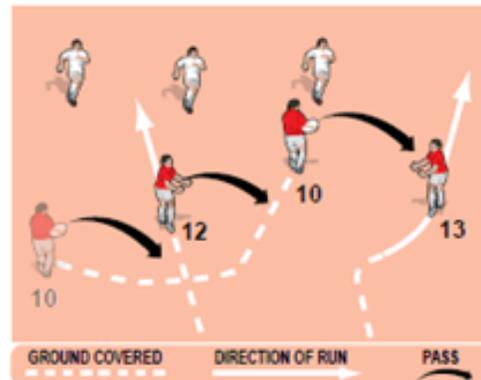
## Draw and pass



## SWITCHES AND DECOYS



## Looping play



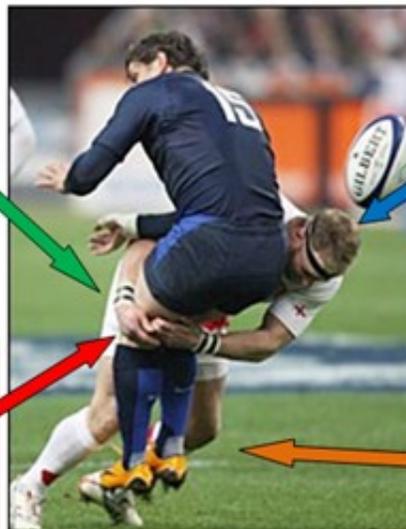
10 passes to 12 and loops around to take the pass from 12, then pops to 13.

## Tackling :

Approach attacker low to tackle their legs and waist

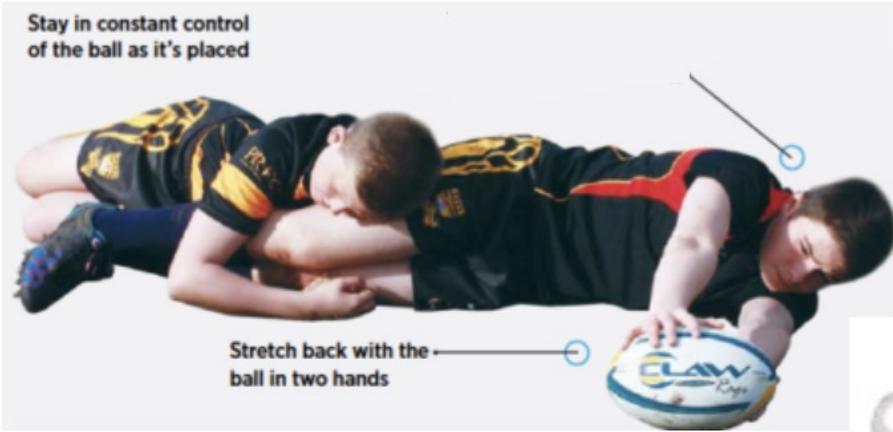
Keep head to the side of the attacker's hip to avoid damage to neck, face or head

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

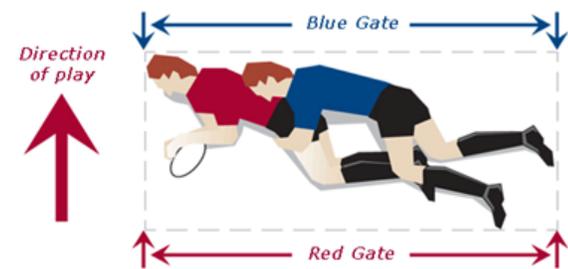
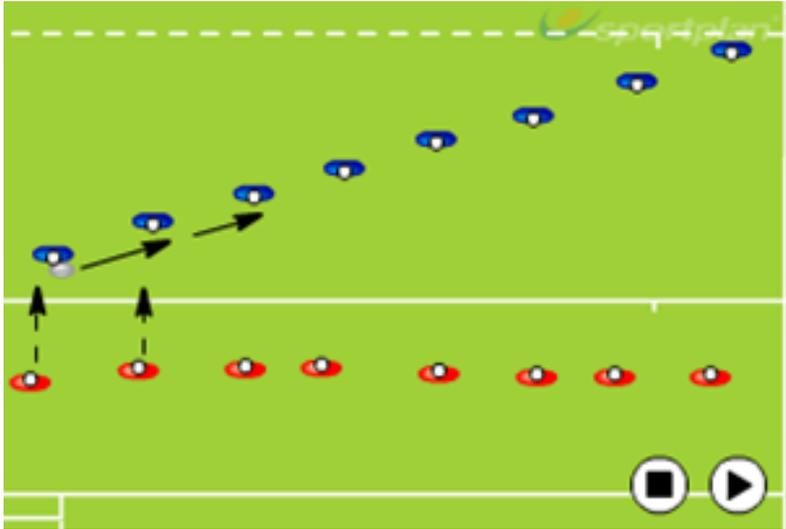
How to protect and place the ball when you are tackled to ground. You should always reach the ball back towards your teams mates. You should then protect your own head and body with your arms.



These images show good rucking positions. You can see in each picture one teams gets more players into the ruck than the opposition. They set up a bridge to protect the ball.

Diagonal lines are best when your team have the ball as it allows the receiver to run on to a pass. This is much harder to defend against than a player who catches it standing still.

Flat lines. These are used when defending as it leaves less space for the attacking runners to go between your defenders.



At the break down the offside lines are determined by the players involved in the breakdown.

You must create or join a ruck by coming through your gate.

If you come in from the wrong side or through the side of