

Topics in this cycle:
KS3

Taught:
Spring 1

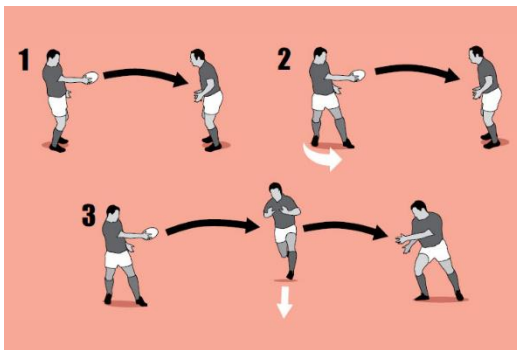
Year Group:
7-9

Key knowledge/concepts to be learnt ('Tell me about....')

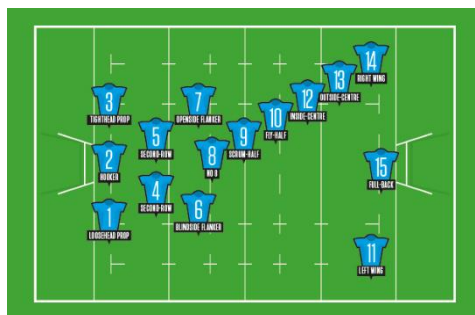
Websites/blogs/YouTube links and further reading to deepen and consolidate learning

What are the main types of passing in Rugby ?

Passing



Positions



What are the rules and regulations in Rugby?

Rules and regulations

The aim of the game of rugby

- The aim during a game of rugby union is to score more points than the opposition by running, kicking and passing the oval-shaped ball over the designated tryline or by kicking it over the 'H-shaped' posts.

Scoring in rugby union

- Scoring in rugby union is as follows:
- Five points are awarded for a try when a player has grounded the ball (i.e. touched down) over the tryline in the opposition's goal area.
- Two points are awarded for a conversion when a player has kicked the ball between the posts after a try has been scored.
- Three points are awarded if a player successfully kicks the ball through the posts from a penalty kick or drop goal.
- Matches are played between two teams of 15 players each. A team consists of eight 'forwards', whose shirts are numbered one to eight, and seven 'backs', whose shirts are numbered nine to fifteen. Depending on the competition, a team may bring on up to seven replacement players.

Passing - [How to Pass a Rugby Ball \(Beginners Guide: 3 steps\) 4K | This is 7s Ep9 - YouTube](#)

Tackling - [How to Rugby Tackle from a Pro \(7-Step Beginners Guide\) | This is 7s Ep37. - YouTube](#)

Sidestep - [How to sidestep like a rugby pro \(in quarantine\) | This is 7s Ep2. - YouTube](#)

Kicking - [How to Kick a Rugby Ball \(Beginners Guide\) | This is 7s Ep27. - YouTube](#)

Home-School Learning Collaboration – Physical Education

Key Vocabulary and Definitions to Be Learnt		Family Learning Opportunities
Rugby pitch	Area that a game of rugby is played on.	<ul style="list-style-type: none"> Join local rugby teams. https://erfc.uk/erdington-rfc-1st-xv/
Rugby boots	Equipment used to play rugby.	
Passing in rugby	Different ways to pass the ball to your teammates	
Tackling	A skill used to put the opposition player on the floor to take the ball	
Dominant and non-dominant foot	Dominant- the foot you use to kick the ball (stronger foot) Non-dominant- Your weaker foot.	
Balance and coordination	Balance- is the ability to stay upright or stay in control of body movement. Coordination- is the ability to move two or more body parts (foot eye in football)	What Will the Assessment Look Like?
Try	When the ball is grounded over the opponents' goal-line in the in-goal area.	See Know it Show It Assessment Sheets <ul style="list-style-type: none"> Beginning Approaching Secure Exceeding
Red card	A red card is used to indicate that a player has been sent off and can take no further part in the game	
Possession	Keeping the ball in a game by passing or running with the ball	
Penalty	Awarded when a foul is committed	
Drop goal	Awarded when a foul happens in the main area of the pitch	