



Topic: PE – Rugby

Year: 7

NC Strand: Performing Rugby skills using a range of techniques and Tactics.

A player is offside when he/she is forward of the relevant offside line i.e. between the relevant offside line and the opposing team's dead ball line.

What should I already know?

You should know how to hold the ball in 2 hands with your fingers spread around the seam, in a W shape. Using your fingers to control the ball when passing.

You should have worked on knowing how to make a target for the ball with your hands. This requires evenly spaced fingers to create a basket in front of you, while watching the ball into your hands and bringing to your chest.

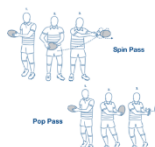
You should have been told when passing the ball it should always be passed behind you to a teammate.

You should have basic understanding of the safety required when performing tackling on another individual.

You should have been able to perform basic tackling techniques with learning how to roll to the floor on your side and also one knee down tackling.

What will I know by the end of the unit?

- Understand the terms spin pass and pop pass.



- Be able to demonstrate tackling effectively in a game play situation.



- Begin developing and understanding the rules of the game.

- Understand what each position does for the team.





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- Be able to Compare my performances with previous ones and articulate my thoughts so I can improve my previous skills.

Vocabulary

Forward pass	illegal pass thrown to a position ahead of the player who threw it.
Knock on	foul of knocking the ball forward, towards one's own goal.
Maul	convergence of players around a ball carrier to push him and the ball forward.
Penalty kick	free kick awarded by the referee that can be used to kick for goal.
Ruck	pack of linked players that forms over a ball to push the opposing team backward and gain control of the ball.
Scrum	players from one team link arms, bend over and push forward against a similar group from the opposing side.
Tackle	stop a player from running with the ball by wrapping arms around him and bringing him to ground.
Try	act of taking the ball over the try line and grounding it to earn five points.
Offside	A player is offside when he/she is forward of the relevant offside line i.e. between the relevant offside line and the opposing team's dead ball line.
Cheek to cheek	Head positioning when tackling an opponent. Tacklers head rests on the opponents Gluteus Maximus to avoid head injuries.

Ideas Bank

Teacher Led drills



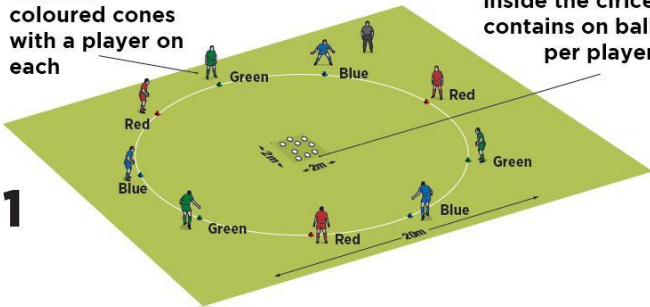
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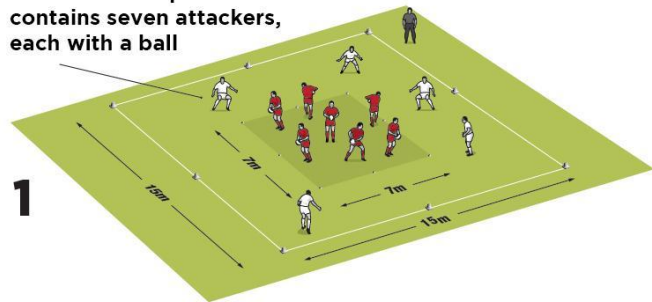
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1
Set up an equal number of different coloured cones with a player on each



A 2m square inside the circle contains on ball per player

1
Place five defenders around a 7m square that contains seven attackers, each with a ball



1. Teach your players to avoid contact with this simple game that works on weaving through “traffic” at pace, taking care to avoid bumping into other runners who are also looking to score.
2. Teach your players the importance of avoiding the tackler while running in the right direction with this fun game that also works on player tracking and tackling.

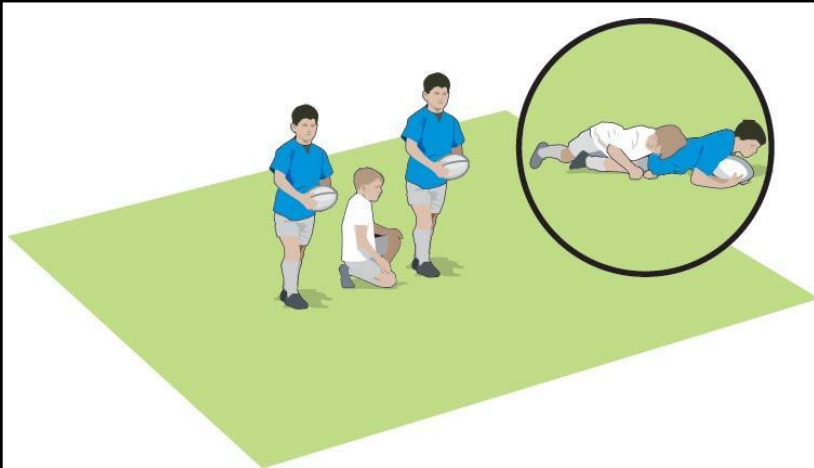


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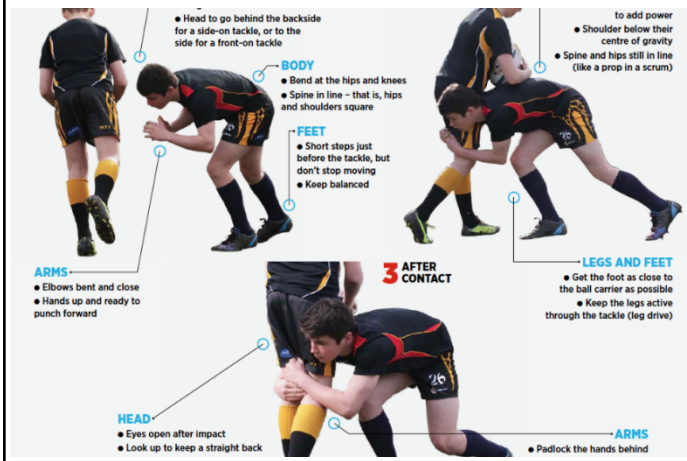
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Cheek to Cheek example



Tackling technique