



Westacre Middle School PE Knowledge Web: Rugby

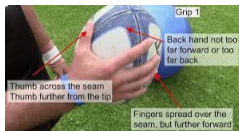
Skill Acquisition



Fundamental Movement Skills

Rugby Skills:

Passing: Grip the ball firmly with two hands. Look directly at the person you are passing to. Pass to a fellow player to the side of you or slightly behind you, not passing forward! Try to spin the ball slightly so it flies true, rather than flying topsy-turvy end over end.



Catching

1. Call to your teammate holding the ball that you are open and ready to receive a pass. Try to stay level or slightly behind your teammate so the pass is legal. Hold your hands ready in an open position, and as you catch the ball tuck it tightly into your body so it is safe from opponents trying to knock it out of your hands.



Running with the ball

Keep the ball tucked in tightly to your body, with one hand. Try to run as directly as possible at the opponent's line, look for gaps to try and dart through. Just before you are likely to be tagged/ tackled, try to spot and complete a pass to a teammate.

Teamwork and Leadership



Cooperation

Rugby is a game played by two teams of 15 players. It relies very heavily on teamwork and coordination. The captain has an important role, making key decisions about directions of attack, organising the defence correctly and choosing whether to kick for goal or aim for aggressive lineouts. Players must coordinate well and work as a team in both attack and defence.

Rugby Positions:



Performance Analysis



Technical Vocabulary

Rules of Rugby

Passing—The ball must be passed level or backwards, a forwards pass will result in a penalty to the opposition.

Kicking— At any point the ball can be drop-kicked forwards, but only players who at the moment of the kick are behind the kicker can chase and try to attack the kicked ball. Breaking this rule results in an offside. **Tackling** — In full rugby, tackles must be completed targeting the torso, legs or feet. You cannot tackle by grabbing an opponent's arms, hands or head.

Attack When attacking, rugby teams try to pass, kick and run the ball towards the opponent's half until they pass the try-line, where they must touch the ball to the ground under control (score 5pts). A conversion kick that takes place after the try scores an additional 2pts. A penalty kick or drop kick is worth 3pts.

Defence The defence will try to block, tackle and push back the attackers, hoping to win the ball back in a 'turnover' and begin an attack themselves.



Self-reflection

How successful is your team?

How can you improve your performance?

Healthy Active Lifestyle



Inspirational people

<https://www.englandrugby.com/home>

The England national rugby team competes yearly in the Six Nations tournament and every four years competes in the Rugby World Cup. In 2003, England won the Rugby World Cup, beating Australia in the final.



Exercise

Components of Fitness:

Agility — Being able to change direction quickly to get away from your opponent.

Balance — Being able to stay balanced when passing and running between the lines. **Speed** — Being able to outwit your opponent.

Co-ordination — Passing and kicking need hand-eye co-ordination. **Reaction Time** — Reacting to the whistle/opponent's play.

Aerobic Endurance — Being able to play for a eighty minutes.

Muscular Endurance — Being able to continually run, tackle and pass for long periods of time.

Year 5

Build core skills including passing with the correct technique, moving as a team in a coordinated line, playing tag rugby without full contact.

Year 6

Begin playing closer to full rules rugby matches (tag version), without scrums or full lineouts. Pass with accuracy, run tactically with the ball avoiding opponents, and begin coordinating with team-mates to organise tagging attacking players when defending.

Year 7

Understand different ways of attacking and use positions for the team carefully. Understand different ways to attack and defend. Use a variety of strategies to outwit the opponents.