

# PE – YEAR 7 – RUGBY

## A KEY TERMINOLOGY

1	<b>Rugby Football Association (RFU)</b>	The governing body of rugby in England responsible for overseeing all aspects of the amateur and professional game.
2	<b>Hip/Step/Pass</b>	We use this term to help us understand how to pass a rugby ball effectively. Two hands on the ball, place the ball by your <b>hip, step</b> towards the person you want to pass to, and <b>pass</b> the ball.
3	<b>Back foot</b>	When there is a ruck, the defensive team must all retreat back behind the back foot. This ensures they are all onside. If you are in front of the back foot, you will be offside.
4	<b>Penalty</b>	If a team is awarded a penalty, this means they have the option of a free pass or to tap the ball on their foot and start running.

## B KEY SKILLS

1	<b>Passing</b>	Used to move the ball down the pitch, from one person to another. There are a variety of passes that can be used depending on scenario and area of the pitch.
2	<b>Tackling</b>	Trying to stop an opponent who has the ball by bringing them to the ground. A variety of tackles can be used, for example a side tackle, a front on tackle or a tackle from behind.
3	<b>Carrying</b>	The act of carrying the ball around the pitch. Players can use a variety of techniques within carrying the ball, for example a side step, swerve or spin.
4	<b>Rucking</b>	A ruck is formed once a tackle has been made, and one person from each team compete for the possession of the ball. These two people must remain on their feet at all times.

## E PITCH

1	<b>Try line</b> - if you place the ball down on or over this line you score a try.	5	<b>Half way line</b> - dividing the pitch in two. The game starts here and restarts here after a try.
2	<b>5 meter line</b> - Where scrums take place close to the try line.	6	<b>Posts</b> - After a try is scored, you get the opportunity to score extra points by kicking the ball through the posts.
3	<b>22 meter line</b> - 22m away from the try line. Some restarts happen here.	7	<b>Dead ball line</b> - Do not run over the dead ball line with the ball or your try will not count, ground the ball over the try line but before the dead ball line.
4	<b>Touch line</b> - the side line of the pitch, if you go out of the pitch the opposition will get the ball.	8	<b>15 meter line</b> - 15m in from the touch line.

## C TACTICAL SKILLS

1	<b>Teamwork</b>	We play selflessly: working for the team, not for ourselves alone, both on and off the field. We take pride in our team, rely on one another and understand that each player has a part to play.
2	<b>Respect</b>	We respect our match officials and accept their decisions. We respect opposition players and supporters.
3	<b>Enjoyment</b>	Enjoyment is the reason we play and support rugby union. We encourage players to enjoy training and playing. We use our sport to adopt a healthy lifestyle and build life skills.
4	<b>Discipline</b>	Strong discipline underpins our sport. We ensure that our sport is one of controlled physical endeavour and that we are honest and fair. We obey the laws of the game.
5	<b>Sportsmanship</b>	We uphold the rugby tradition of camaraderie with teammates and opposition. We observe fair play both on and off the pitch and are generous in victory and dignified in defeat.

## D LINKS TO THEORY

1	<b>Cardiovascular Endurance</b>	<ul style="list-style-type: none"> <li>The ability to continuously exercise the whole body without tiring.</li> <li>A rugby player would need cardiovascular endurance to maintain high levels of performance whilst running around the pitch the whole game.</li> </ul>
2	<b>Power</b>	<ul style="list-style-type: none"> <li>A combination of strength and speed.</li> <li>A rugby player would need this when making a tackle.</li> </ul>
3	<b>Agility</b>	<ul style="list-style-type: none"> <li>The ability to change direction at speed.</li> <li>A rugby player would need this when running with the ball to avoid being tackled.</li> </ul>
4	<b>Speed</b>	<ul style="list-style-type: none"> <li>The ability of the body or parts of the body to move quickly.</li> <li>A rugby player would need this to run past defenders or as a defender to catch up with the player carrying the ball.</li> </ul>

## E PITCH

