











## Year 7 Topic Overview - Rugby

### Know it!

	Knowledge	Date
	I can grip the ball well and maintain possession.	
	I can use the pendulum pass over a short distance with increasing accuracy.	
	I can tackle using 'tags' or a basic side tackle technique.	
	I can dodge opponents using side-steps, feints and swerves.	
	I can apply tactics in a 7v7 game.	
	I can identify reasons for an effective warm up for rugby.	
	I can explain rules about passing in rugby.	
	I can understand how to score during a rugby game.	
	I know how to respect and look after the rugby equipment.	
	I can recall the qualities that make a good leader and team mate.	

### Prove it!

<b>Head</b> Knowledge	I can apply my <b>knowledge</b> of skills and techniques and this improves my own and others' practical performance	
<b>Heart</b> Confidence	I can demonstrate <b>confidence</b> and apply leadership qualities to lead large group warm ups	
<b>Hands</b> Physical Ability	I can demonstrate with some accuracy and success, <b>skills</b> , <b>techniques</b> and <b>tactics</b> across a variety of sports in competitive activities	

### Link it!

I can transfer skills and understanding from Rugby to other invasion games.
I can transfer aspects of Knowledge, Confidence and Physical Ability from one activity to another.
Improved confidence will help me to take on responsibility and be more resilient.
I am aware of further opportunities to be involved in Rugby outside of lessons.

### Say it!

Vocabulary	
<b>Warm Up</b>	I need to prepare key parts of my body that will be used for Rugby. The three parts to a <b>warm up</b> are: Pulse Raiser, Stretches and Skill Practices.
<b>Passing</b>	I <b>pass</b> to transfer the ball from my possession to a team mate.
<b>Try</b>	A <b>try</b> is scored when the ball is successfully grounded in the 'in-goal' area. A <b>try</b> is worth 5 points.
<b>Grip</b>	I hold the ball firmly with two hands to maintain <b>grip</b> and possession whilst being ready to pass/off-load.
<b>Pendulum Pass</b>	I use a smooth arm-swinging <b>pendulum</b> technique for passing the ball accurately.
<b>Tag</b>	I wear a <b>tag</b> on each hip attached to a belt. Players must release the ball once a <b>tag</b> is removed.
<b>Tackle</b>	I <b>tackle</b> an opponent to slow them down or stop them. A tackled player must release the ball.
<b>Dodge</b>	You can avoid being tackled by an opponent in by <b>dodging</b> in different ways. These include: side-stepping, feinting, pretending to change direction or swerving your run.