











Year 8 Topic Overview - Rugby

Know it!

	Knowledge	Date
	I can pass over a larger distance using a 'pendulum', 'pop' or 'spin' pass.	
	I can receive the ball from high, at speed and along the ground.	
	I can tackle successfully from the side, rear and front.	
	I can beat a defender using changes in speed/direction and a dummy pass.	
	I can explain and demonstrate rucking, mauling and bridging.	
	I can maintain fitness levels in a 10v10 game for longer periods.	
	I can lead an effective warm-up, identifying major muscle groups used in rugby.	
	I can explain some rules for a successful game in rugby.	
	I can demonstrate leadership of a small group.	
	I can communicate with my group of players and rugby team.	

Prove it!

Head Knowledge	I have a sound knowledge of the importance of taking part in a warm up and can apply this during regular physical activity.	
Heart Confidence	I can confidently lead a group of people applying a variety of roles: official, coach, teacher and captain.	
Hands Physical Ability	I can demonstrate, with consistent accuracy and success, skills, techniques and tactics 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 & 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	
Major Muscles	My large groups of muscles used for rugby include: the neck (trapezius), shoulder (deltoids), arms (biceps/triceps) and legs (quadriceps/hamstrings).
Leadership	I can help to lead , guide, encourage and support team mates and peers.
Communicate	I can explain rules and tactics to team mates to improve success of play.
Pop Pass	I make a short pop pass where I "hang" the ball in space for the receiver to run on to it. I can play this pass from standing or on the ground.
Spin Pass	The spiral pass or spin pass is very useful in rugby. It's an advanced pass used to move the ball long distances, traveling fast, point first.
Tackle	A tackle occurs when the ball carrier is held by one or more opponents and is brought to ground, i.e. has one or both knees on the ground, is sitting on the ground or is on top of another player who is on the ground
Dummy Pass	I dummy/pretend to pass to 'fool' a defender into moving the wrong way.
Rucking	If the ball is on the ground and one or more players from each team who are on their feet close around it, it is called a ' ruck '.
Mauling	A maul occurs when the ball carrier is held up by one or more opponents and one or more of the ball carrier's team mates holds on (binds). The ball must be off the ground.