

Year 9 Topic Overview – Rugby

Know it!

	Knowledge	Date
	I can pass and receive the ball in a variety of ways and under pressure.	
	I can spin pass accurately over various distances off both hands.	
	I can understand the rules and tactics of a scrum and lineout.	
	I can apply previous knowledge of rucking, mauling, and bridging to competitive situations.	
	I can kick the ball using: 'place', 'punt', 'drop', 'spiral' and 'grubber' kicks.	
	I can apply the 'laws' of rugby successfully to a 15v15 match.	
	I am hardworking, resilient and like to challenge myself to improve.	
	I respect team mates, opponents and officials during a rugby match.	
	I can describe how the body adapts and benefits from playing rugby regularly.	
	I can take responsibility for leading a group warm up ready for rugby.	
	I can apply my knowledge of rugby laws to improve my own and others performance.	

Prove it!

Head Knowledge	I have good knowledge of skills, technique and understand how this improves my own and others practical performance.	
Heart Confidence	I am confident and competent when leading large groups of performers.	
Hands Physical Ability	I can demonstrate, with consistent accuracy and success, skills, techniques and tactics across a variety of sports in challenging 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	
Adaptations	My body's physiological responses to training, exercises or increased load.
Performance	My performance is measured through a complex mixture of biomechanical, technical and emotional factors.
Resilient	My ability to withstand or recover quickly from new or challenging conditions.
Respect	I show due respect for others feelings, abilities, qualities and achievements.
Under Pressure	I demonstrate skills learnt in a more competitive match-like condition .
Scrum	We restart play after minor infield infringements with a scrum (8v8).
Lineout	We restart play after the ball has gone into touch with a lineout (side-line).
Place Kick	I can kick at goal from a tee (place) for a penalty (3 pts) or conversion (2 pts).
Punt Kick	I punt the ball from hands into touch or deep into opposition territory.
Drop Kick	I use a drop-kick for restarts or 3 pts during open play, the ball is dropped from hands and must be kicked as it makes contact with the floor.
Spiral Kick	I use a spiral kick to gain ground quickly and accurately. AKA – Torpedo kick .
Grubber Kick	I use a grubber for short, straight ground kicks along the ground. AKA – End-over-end kick .