

SUBJECT: Physical Education

UNIT: Rugby – Year 9



Skills:

Passing and using space – Students should be able to attack space effectively and take advantage of defensive mistakes (e.g. an overlap or mismatch where there are more attackers than defenders in a certain area of the pitch)

Defending – Students able to identify key skills (communication & teamwork) to effectively work together as a defensive line to prevent a try being scored.

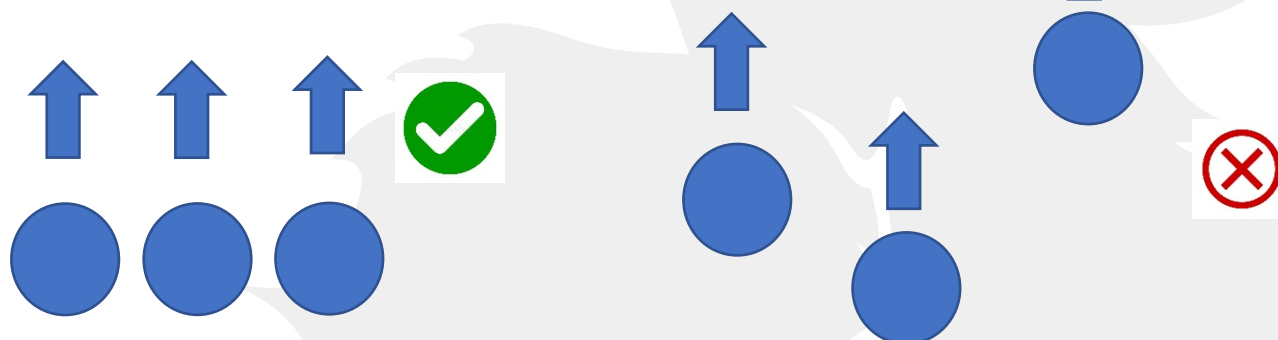
Outwitting an opponent:

Rugby involves different moves and passages of play to try and confuse and outwit an opponent in hope of leading to a try or to gain further territory and space up the pitch.

Player with the ball has 2 options – pass to the player with running close to the player with the ball or pass to the player hidden behind that player.



Working as a defensive line:



Key Words

Pass
Tackle
Ruck
Overlap
Line speed