

SUBJECT: Physical Education

UNIT: Rugby – Year 7



Skills:

Passing – Students should be able to pass the rugby ball using basic technique – ‘6 O’clock 12 O’clock’ which can be used for mainly shorter to medium distances.

Catching – Students should be able to catch a ball, creating a ‘W’ with their hands as a target for their teammate to aim for.

Tackling – Students should be able to tackle safely and understand the hazards of incorrect technique. Tackling should be performed from below the chest area.

Rugby Rules

- 13 or 15 aside – depending on the code (league or union)
- Ball must be passed backwards
- A try is scored if the ball is placed behind or on the opponents try line.
- You are out if any part of your body is on or past the touch line.

Penalty

- To endanger an opponent
- To pass the ball forward or if the ball goes forward from any body part other than the foot
- Use other players to prevent defenders from getting to the player with the ball.

Key Words

Pass

Tackle

Ruck

Try

Conversion

Pitch dimensions

