| **Core Knowledge (Need to Know)** | **Vocabulary** |
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| | To travel and take the ball at speeds.  Ball carriers need to keep their head up when moving around, to look for space, and look for opponents. | | | --- | --- | | To catch the ball when under pressure.  Hands up ready to receive the ball. Make a **W** shape with two hands - thumb ends touching. | | | To decide on ways to attack when playing games. | | | To decide on the best ways to defend when defending in games. | | | To pass the ball:  - Back foot pointing to the receiving player - Fingers wrapped around the belly of the ball, with thumbs almost meeting in the middle - Twist arms and point the nose of the ball to the receiving player. -Swivel hips and pass from the pocket. | | | You can only pass backwards in rugby. | | | You cannot drop the ball forwards. | | | Removing a player's tag counts as a tackle.  Weight transfer is important here. The players must remain balanced and ready to react to lunge forwards, sideways or backwards. | | | A try is 5 points.  When scoring a try, the ball must still be in the players hands when it touches the ground. Push it down, **do not throw it.** | | | You may kick the ball forwards in rugby. | |   **Good to Know**   | To dodge and fake passes when running with the ball to trick defenders. | | --- | | To understand the importance of keeping in a line in both attacking and defending. | | To look for space, especially in attack. | | To know rugby positions (see picture). | | | Rugby | The name of the sport | | --- | --- | | Tag | To remove the ‘tag’ from another players belt | | Pass | To give the ball to a teammate | | Attack | To try and score with possession of the ball. | | Defend | To try and stop opponents scoring with the ball. | | Mark | To track another player to inhibit them. | | Dummy | To fake a pass with the ball. | | Try | Placing the ball on the floor in the opposition's end area. | |