| **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. |
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| 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. |
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| 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). |

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| Rugby | The name of the sport |
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| 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.  |

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