

# Knowledge Organiser KS3 PE



Year

KS3

Activity

Rugby

## Skills

There are different types of **passes** which are used, flat and spin passes are the main two. Pop passes are close passes upwards that are used when going into contact or can be off the floor.

There are a variety of **kicks** that are used. Drop kicks start the game which is when the ball must touch the floor before kicked. Grubber and chip kicks are used as a form of attacking player, whilst exit kicks are used for defensive play. When a try is scored a player will take a conversion kick off of a kicking tee.

Rugby is a contact sport where players that have the ball can be **tackled**. The tackle must be below chest height, players use something called cheek to cheek which will allow them to get a low body position and enable them to take their opponent to the ground easily.

Once a tackle is completed one player from each team can form a **ruck**, they must be on their feet and over the ball which is on the ground. The attacking team must protect the ball whilst the defensive team is trying to clear out the player who is protecting the ball. If the defensive player can get their hands on the ball without going in from the side then they can win possession of the ball, this is known as **jackling**.

## Fitness

Muscular endurance – matches last for 80 minutes and require players to use the majority of their muscles therefore they must be able to work for a long period of time

Muscular strength – this would be beneficial when trying to drive players backwards in the tackle and compete for the ball

Power – players need a good level of force to be dominant within tackles and rucking. They use multiple explosive movements to enable them to beat the defenders and this would allow them to do that

Reaction time – must react to the play of the ball and players involved in contact collisions (rucking and tackling) e.g. bounce of the ball

Agility – help players to dodge and step opponents

Speed – evade tacklers when they are running.

## Rules

- Play starts with a drop kick to the other team
- Ball must be passed backwards or sideways
- Aim of the game is to score by putting the ball down on the try line
- Tries can be held up if the defensive team can stop them grounding the ball this will result in a goal line drop out
- Tackles must be below chest height otherwise there will be a penalty
- Only players with the ball can be tackled
- At the ruck players must be in contact with the ground and cannot go off of their feet otherwise there will be a penalty

Tap penalties – defensive team must get back 10m  
 Ball is knocked forward – scrum  
 Ball goes out – line out is used to restart the play to the team that were not in possession when the ball went out

Try 5 point): A try is scored when the ball is forced to the ground over the opponent's goal line. A penalty try can be awarded if a player would have scored but for a foul played by the opposition.

Conversion 2 points: Once you've scored a try, you can add two further points by kicking the ball over the crossbar from a place in line with where the try was scored.

Drop Goal 3 point): Is scored when a player drops the ball onto the ground and kicks it over the cross bar in open play.

Penalty 3 points: A team may choose to kick at goal if a penalty is awarded

## Roles



1-8 Forwards (scrums/line outs)

9-15 Backs (running movements/kickers)

- |   |                    |    |                |
|---|--------------------|----|----------------|
| 1 | Loose-head prop    | 9  | Scrum-half     |
| 2 | Hooker             | 10 | Fly-half       |
| 3 | Tight-head prop    | 11 | Left wing      |
| 4 | Lock forward       | 12 | Inside centre  |
| 5 | Lock forward       | 13 | Outside centre |
| 6 | Blind-side flanker | 14 | Right wing     |
| 7 | Open-side flanker  | 15 | Full-back      |
| 8 | Number eight       |    |                |