Foxford Learning Plan

YEAR 7

Topic- Rugby

Spring 1

Key Vocabulary

Knock on	When a player loses possession of the ball and it goes forward.
Offside	Occurs when a player from the same team is in front of the player in possession of the ball.
Ruck	Formed when at least one player from each team are in contact, on their feet and over the ball which is on the ground.
Maul	Occurs when a player with the ball goes into contact with a defender, and while both players remain on their feet, at least one more player from the attacking team joins the contact.
Line out	A means of restarting the game after the ball, or a player carrying the ball, crosses the touchline.
Penalty	The main disciplinary sanction available to the referee to penalise players who commit deliberate infringements.



Key Skills

Over the course of the topic, I will be able to: -

- Ball familiarisation - Become familiar with the sport of rugby including the pitch, positions and rules of the game.
- Passing - Deliver the ball with accuracy to a team-mate.
- Beating a defender - Outwit an opponent in order to get closer to the oppositions try line.
- Tackling - Safely perform a tackle in both a controlled and competitive scenario.
- Rucking - Protect the ball on the floor from the opposing team's players.



I will Understand

1. The rules and regulations of rugby union and rugby league.
2. How to win and keep possession of the ball for the team.
3. A variety of ways to beat a defender.
4. The correct technique to make tackles safely.
5. The importance of protecting the ball on the floor and recycling the ball for the team.