

Physical Education – Year 7 Rugby

Knowledge Organiser

Skills and Techniques:

→ Running with the ball

Carry the ball in two hands, accelerate into spaces, run direct and look to pick gaps in defensive lines. Draw players towards creating space for others to run into.

→ Passing (Offloading)

Pass with accuracy over speed, good communication prevents mistakes. Always be prepared to receive a pass with your hands up ready. Throw a pass you'd like to receive.

→ Tackling

Low body position, shoulder drive below the hip, head safe side, lock arms to prevent leg drive, try to land on the tackled player, release once player is fully grounded.

→ Rucking

Low body position - hips above shoulders, stay on feet if you want to play the ball. Drive opposition players off or create a solid base to play from.

Rules:

→ Game starts and restarts with a kick off.

→ Three officials- Referee and two touch judges.

→ Passing from the hand must travel level or backwards to the receiver.

→ Tackling must be below shoulder.

→ If a player knocks on (drops the ball forward) the opposing side will gain possession via a scrum.

→ You may not tackle a player in the air. You must enter a ruck from the back foot of your side of the ruck.

→ Any player in front of a player kicking must wait for the kicker to pass or they will be offside.

Positions:

Forwards:

Prop (open / tight head)
Hooker Second row (2)
Back row (3)

Backs:

Scrum Half
Fly Half
Inside centre
Outside Centre Winger
(Left / Right) Fullback

Total number of players 15



Scoring System:

→ To score a goal, the ball must be put over the line into the goal
→ The team with the most goals at the end of the game wins.

Tactics:

→ Teams attack and defend together
→ Create width to create more space

Key Words:

Pass
Run
Tackle
Ruck
Maul
Scrum
Penalty
Free-kick
Knock-on
Forward pass
High tackle
Defensive line
Scissor
Loop



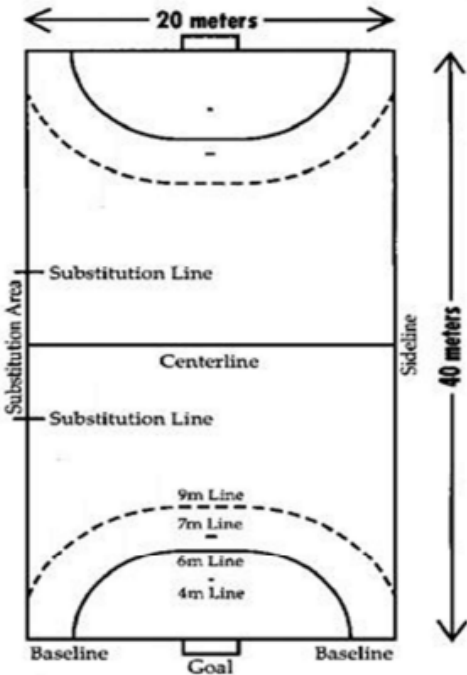
• Physical Education – Year 7 Handball

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The Rules

Allowed	Not Allowed	Consequence
Throw and catch the ball using hands/arms.	Block or kick the ball using your feet.	Free throw to the defending team.
Pass the ball to a team mate.	Hold the ball from more than 3 seconds.	Free throw to the defending team.
Bounce the ball with one hand and catch it again.	Bounce the ball, catch it and bounce it again.	Free throw to the defending team.
Take a maximum of 3 steps with the ball.	Take more than 3 steps with the ball.	Free throw to the defending team.
Move outside the goal area.	Enter the goal area.	Goalkeeper throw.
Touch the ball in the air above the goal area.	Touch the ball lying in the goal area.	Goalkeeper throw.
Break through the defence.	Charge the opponent.	Free throw to the defending team.
Pass the ball in order to create a scoring chance.	Keeping the ball without attempting to score.	Free throw to the defending team.
Use hands and arms to block the ball.	Pull or hit the ball out of the attackers hands.	Free throw to the attacking team.
Make frontal body contact with an attacking player.	Hold onto, push or run into the attacking player.	Free throw/progressive punishment.
Stay outside the goal area.	Use the goal area as a defensive position.	7m throw.
Stay 3m away from opponents during restarts.	Interfere with a pleyer attempting to restart the game.	Progressive punishment.

Handball



Lesson Overview

- 1. Passing
- 2. Dribbling
- 3. Shooting
- 4. Blocking
- 5. Defending
- 6. Attacking
- 7. Assessment

Playing Positions and Officials

Goalkeeper – The player who defends the goal with every part of their body. The goalkeeper is the **ONLY** player who can touch the ball with their feet.

Centre – A creative handball player who directs play in both defence and attack. Also known as the ‘playmaker’ and sets up the tactics and the players shooting positions.

Left and Right Backs – Usually the largest players on the handball team. When defending, they try to block shots, and in attack they are the long range shooters.

Pivot – The creative force in attack and main disruption to the defending opponents. They are quick to get between opposing defenders to create openings for teammates or to get into good scoring positions themselves.

Left and Right Wingers – the fast players who patrol the sides of the court. They counter opposing wingers and in attack look to create openings for others or shoot from more difficult angles.

Substitutes – Substitutions are allowed at any time without limit or stoppage. There are 7 substitutes on each side-line, but they cant enter the play until the player they are replacing has left the court.

The Officials – there are 4 handball officials; scorekeeper, timekeeper, and 2 referees.