



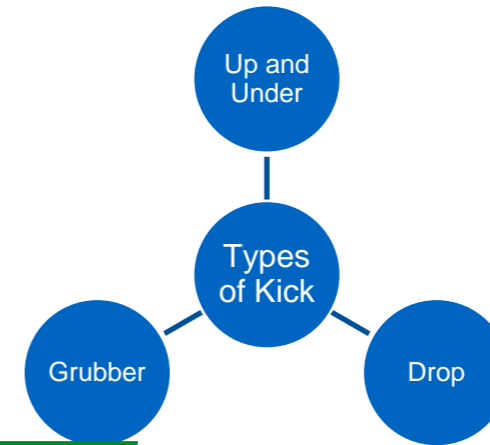
Physical Education – Year 9 Rugby Union Knowledge Organiser

Skill	Technique
Rucking	<p>A ruck can take place only in the field of play.</p> <p>A ruck is formed when at least one player from each team are in contact, on their feet and over the ball which is on the ground.</p> <p>Players involved in all stages of the ruck must have their heads and shoulders no lower than their hips.</p>
Tackle	<p>Below waist height</p> <p>Eyes for thighs</p> <p>Wrap arms</p> <p>Squeeze the knees</p> <p>Cheek to cheek</p>



How should you present the ball after being tackled?

1. In a long pencil position
2. Place the ball back towards your own try line
3. Arms outstretched and feet towards opponents try line
4. Provide a narrow gate



Kicking in a forward direction



Lineout

Two straight lines – each 0.5m apart from the mark

Jumpers correctly supported and brought back down

Hooker throws the ball down the corridor of the two lines

Throwing team have the advantage of knowing where the ball will go

What is offside in Rugby?

“player is further forward (nearer the opponent’s goal line) than a team mate carrying the ball or the team mate that last played the ball.”

KEY VOCABULARY

Scrum Attacking Line Protecting the ball Poaching the ball Mark Lineout Turnover Offside Knock-on Conversion Penalty Clearing kick