



John Port Spencer Academy PE Department Knowledge Organiser



Activity: Rugby

Year: 8

Key Skills:

Passing- The loop, switch and reverse passes can be very effective in unlocking opposition defences.

Tackling- a skill used to try to stop an opponent who has the ball by bringing them down to the ground. There are different types of tackles and safe tackling technique is extremely important.

Carrying- a skill used to gain territory and score tries. This is where a player keeps the ball as they progress down the pitch.

Handling- a skill used to catch and throw the ball. Offloading the ball is where a player passes the ball as they are being tackled. This can help maintain momentum and take defenders out of the game.

Rucking- a phase of the game where the ball goes to ground and one or more players from each team close around the ground.



Stretch and Challenge Task:

- Watch a premiership or international rugby game with focus on the rucking laws. Where is offside in a game of rugby? Which players are best at rucking and what is the correct technique?

Key Content and Terms to learn:

- Rucking
- Offside
- Jackling
- Offloading