



John Port Spencer Academy PE Department Knowledge Organiser



Activity: Rugby

Year: 9

Key Skills:

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

Jackling- This is where defending players contest the ball at a ruck and win the ball.

Scrummaging- A type of restart in rugby where players interlock heads and push against opposition players.

Line-outs- A type of restarting in rugby when the ball leaves either side-line of the pitch. Like in football, the team who didn't kick/throw the ball out usually gains control of a line-out (unless there was a penalty advantage).

Kicking- A way of moving the ball in rugby. The ball can be kicked forwards and there are different types of kicking which, if used effectively, can aid in attacking and defending.

Binding in the front row



Stretch and Challenge Task:

- Watch a premiership or international rugby game with focus on the kicking. When do players kick the ball? Why do they kick the ball? What types of kick do they use and what are the laws involved?

Key Content and Terms to learn:

- Scrummaging
- Line-outs
- Binding
- Grubber kick
- Box kick