

## Key vocabulary

Tier 3 Vocabulary	Definition
Scrummaging	Eight players from each team, binding together in three rows and interlocking with the free opposing teams forwards.
Mauling	A maul is when the ball carrier is held by one or more opponents and one or more of the ball carrier's team mates holds on. The ball must be off the ground. There needs to be a minimum of three players.
Rucking	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.
Turn over	When the defenders drive players back over the ball and gain possession of the ball.
Tackling	Wrapping your arms around the opponent and bringing down your opponent. Contact cannot be made above the shoulders.
Line out	Play is restarted after the ball has gone into touch by throwing the ball at height and teammates being lifted in the air to receive it.
Try	A try is a way of scoring points. A try is scored by grounding the ball in the opposition's in-goal area.
Tier 2 Vocabulary	Definition
Identify	Name the key point.
Describe	Recall facts, events or process in an accurate way.
Explain	Make something clear, or state the reasons for something happening.
Evaluate	Using the information supplied to consider evidence for and against when making a judgement.
Demonstrate	To show how to do something.
Practise	To do repeatedly in order to improve or gain skill.

# Physical Education - Rugby Union

## Rules and regulations of Rugby

- The aim of the game is to score more points than the other side and points are scored through tries, conversions, penalty kicks and drop goals.
- A match is split into two 40-minute halves, half-time is 10 minutes after which both teams change ends.
- Rugby union is a full contact sport involving 15 players on each team with 7 substitutes on the bench.
- You can win, lose or draw.
- Each game starts with a drop kick from the halfway line and the ball must travel 10 metres from the kick off.
- After every try, penalty kick or drop goal, the game restarts at the halfway line with the team that did not score taking a drop kick.
- If the ball goes out of the side of the pitch then the other team get the ball and they have a lineout, whoever wins this continues the game.
- A scrum happens when the ball is knocked forward, passed forward, or when a ball becomes trapped in a ruck or maul.
- Can only pass backwards
- Must roll away as soon as you have made a tackle

## Positions in Rugby

### Forwards

Prop  
Hooker  
Second Row  
Open side Flanker  
Blind side Flanker  
Number 8

### Backs

Scrum Half  
Fly Half  
Inside Centre  
Outside Centre  
Winger  
Full Back

