



Year 4: Rugby Knowledge Mat

Subject Specific Vocabulary		Rugby	Important Knowledge
attack	To move forward and try to score goals or win points.	 <p>Stretching exercises</p>  <p>Passing rule</p>	<ul style="list-style-type: none"><input type="checkbox"/> I can attack as an individual and in a group.<input type="checkbox"/> I can dodge a defender as I run towards the try-line.<input type="checkbox"/> I can throw a ball accurately to a partner whilst running forward.<input type="checkbox"/> I can defend a ball using the space.<input type="checkbox"/> I know the passing rule in tag rugby.<input type="checkbox"/> I know how to carry the ball as a team towards the try-line.<input type="checkbox"/> I know how to run into space when attacking.<input type="checkbox"/> I know how to change direction quickly to help me to defend.<input type="checkbox"/> I can use the width of the pitch to dodge away from a defender.<input type="checkbox"/> I can change the direction and speed of my running.<input type="checkbox"/> I can use attacking skills to work as a team to progress towards the try-line.<input type="checkbox"/> I can use defending skills within a team to prevent my opponent scoring a try.
dodge	Making quick, sudden movements, usually to avoid something.		
try-line	The line behind which the ball must be placed to score a try in a rugby match.		
passing rule	In rugby, the ball must only be passed in-line with or behind the person passing the ball.		
try	A try is scored by grounding the ball in the opposition's in-goal area (or behind their try-line).		
tags	A Velcro strip attached to a belt on each player's hips.		
static stretch	Stretches while not moving e.g. calf stretch/touch toes.		
side step	A quick movement performed whilst running to dodge a defender.		
defend	Creating a line with your teammates to prevent the opposition from scoring.		
dynamic stretch	Stretches while moving e.g. lunges, leg swings.		