Physical Literacy Through *Rugby*

PHYSICAL LITERACY

Rules

Players	13
Start & Re-Start	• Kick - one team drop kicks to the other and tries to gain possession. •After a conversion the ball is dead, play restarts from half way.
Scoring	• A try where the ball is placed on the ground with downward pressure on or behind the line in the opponents in goal area is worth 4 points. • A try cannot be scored in a double movement, the tackle counts • A goal kick (conversion) is awarded after a try is scored and is worth 2 more points • Penalty kick – 2 points •Drop goal – 1 point
In & Out of Play	• Kicking into touch-When the ball is kicked and bounces then leaves the field of play, the other team get the put-in at the scrum.
Time	• x 2 halves of 40 minutes, 10 minute half time
Sport Specific Rules	• The ball cannot be passed forward • Knock-on-Accidentally knocking the ball forward, not allowed • Tackling-You can only tackle a player with the ball, you can only contact chest downwards, you cannot deliberately hold the player down, you cannot tackle a player who is in mid-air • No dangerous play – tripping, striking, kicking etc. •Offside-If a player is in front of a teammate who has the ball they are offside if actively trying to play the ball; they must retreat 10m. • Offside after a tackle – The team without the ball must get back 10m once a tackle has been made (only 2 markers are allowed within 10m). A penalty is awarded if this rule is broken. • Offside from a kick – If a teammate is about to kick a ball to run onto you must be level or behind them when they kick, do not get involved otherwise. •6 tackles are allowed and on the 6th the ball is turned over to the other team
Sanctions and awards	• Yellow card - 10-minute sin bin with no replacement player until the time is over • Red card – Sending off

Tactics

Possession	Attacking	Defending
• **Planning positions as team line.** • When to pass • Short passes • Balanced play • Patience • Sideways play •Playing out from the back •Drawing a foul •Shielding the ball • Switching play •Support options	• **Pre-Planning Phases of Play** • Grubber kicking •Timing Runs •Signaling and communication • Angling runs •Set penalty plays •Varying dodges •One-Twos • Height •Set plays from a ball out of play • Feeding shooters • Attacking positions • Formations • Target Forward •Disguise •Awareness of other teams' weaknesses •Rule awareness •Direct play •Through balls •Drawing the defender •Using width •Selecting appropriate set play takers •Overloading areas	• **Line Defence Communication** •Defensive positions • Formations • Being goal side •Counter attacking • Man-to-man marking •Jockeying to slow play •Supporting •Safety play • Spotting patterns in attacking play •Awareness of other teams' weaknesses •Blitz Defense •Recovery play •Anticipation •Screening • Aggression

Behaviours

Half Term Theme	Personal Dev.	Social Dev.	Leadership Dev.
1-Competence	Personal effort, gov. recs, fundamental movements	Team effort, teamwork skills, gov.recs	Effort a as a leader, developing skills of others
2-Confidence	Self-confidence, self-respect	Team confidence, respect for others	Confidence to be aspirational and lead, respecting followers
3-Motivation	Intrinsic and extrinsic motivation, target setting	Team motivation, short, medium- and long-term targets	Motivation as a leader, SMART target setting
4-Communication	Verbal and non-verbal, internal dialogue	Active listening, team belonging,	Autocratic, democratic, clarity
5-Resilience	Personal resilience, growth mindset, fixed mindset	Team resilience, positivity, conflict resolution	Leadership resilience, challenging negativity, purpose
6-My Physical Literacy	Lifelong participation, current personal development, further opportunities	Lifelong participation, current social development, further opportunities	Lifelong participation, current leadership development, further opportunities

Skills

Possession	Attacking	Defending
•Catching stationary •Catching on the move •Falling on the ball •Passing-Short • Passing-Long •Offloading	•Balanced running with the ball •Side-step •Hand off •Pace change •Kick ahead •Try scoring	•Tackling •Close contact tackling •Chase tackling •High ball kick

Fitness