

P.E.		Year 4	
Focus: Rugby			
Age related scientific vocabulary			
Pass	kick, hit, or throw (the ball) to another player of one's own side	Intercept	Obstruct and prevent the ball from reaching the opponent
Receive	To catch the ball with accuracy	Attack	make a forceful attempt to score a goal or point or otherwise gain an advantage against an opposing team or player.
Evasion/dodge	escape or avoid (someone or something)	Defend	protect the goal rather than attempt to score against the opponent
Technique	a way of carrying out a particular task	Try	Touching the ball down behind the opposing goal line to score a point

Key Knowledge
<ul style="list-style-type: none"> ● In Rugby, players run with the ball carrying it in two hands. ● Players look for spaces when playing a game. ● Rugby players pass by following this technique: <ul style="list-style-type: none"> <input type="checkbox"/> Stand sideways on <input type="checkbox"/> Hands on side of ball, fingers spread out <input type="checkbox"/> Swing arms back and forth like a pendulum <input type="checkbox"/> Release towards receiver ● Receive the ball by being ready with hands up. ● Players should look to intercept the ball. ● In Rugby, players pass the ball sideways or backwards, not forward. ● In Tag Rugby, the tag is only removed from the player holding the ball. Removing the tag forces the player to stop and pass the ball.