**ANGLE**

(noun)

By moving her body so that she closed the **angle** to the end zone, Lydia was able to stop Sydney from scoring.

**The amount of space between two   
lines that come together, at or near the corner that they form. Angles are measured in degrees.**

**To analyze a situation and use that information to predict what   
will happen next.**

**ANTICIPATE**(verb)

Because there was a lot of open space to his right, Darius **anticipated** that Melissa was going to move in that direction.

**AVOID**

(verb)

Kristin was very fast, so she was able to **avoid** the defense and score a try.

**To keep away from something; to steer clear of it.**

**BALL MOVEMENT**

(noun)

**Offensive play in which the ball moves quickly from player to   
player, forcing the defense to  
 adjust their positioning.**

The offense had excellent **ball movement**,   
so the defense had to move quickly in   
order to keep up.

**BASIC RUGBY PASS**

(noun)

**A method of passing a rubgy ball from hip position while swinging the arms like a pendulum.**

Katie used a **basic rugby pass** to get   
the ball to James.

**CAGE GRIP**(noun)

**A method of holding a rugby ball while running or passing that involves making a "cage-like structure" with your hands: thumbs on the top seams and fingers spread along the bottom seams.**

Priyanka knew that it was important to master the **cage grip** to excel in Rugby.

**CLOSE SPACE**

(verb)

The defense **closed space** so that the offense could not score a try.

**Defensive play in which one or more defenders position their bodies to block movement or passing into open space.**

**COOPERATION**

(noun)

**The process of working together for a common goal or outcome.**

Kevin, Sharyn and Diane knew that **cooperation** was important if they wanted to score a try, because it takes teamwork to be successful.

**CUT**

(verb)

**An offensive movement in which a player without the ball moves into open space using a sharp and quick movement.**

Ruthie **cut** into open space in order to get  
open to receive a pass.

**DEFENSE**

(noun)

The **defense** was spread out in open space in order to keep the offense from scoring a try.

**The team or players in a game or sport who are trying to steal away possession of the ball and stop their opponent from scoring a goal or point.**

**DEFENSIVE READY POSITION**

(noun)

Stu stood in **defensive ready position** because he knew that Angela could receive a pass and attempt to score at any moment.

**A stance which allows a defender to quickly move in any direction in order to create a disadvantage for the offense. The defender's weight is on the balls of the feet, arms are extended with   
palms up, and eyes are on the midsection   
of the offensive player.**

**DENY**

(verb)

**A defensive movement in which a defender positions a part of her/his body (often the hand/arm) into a passing lane in an effort to stop or intercept a pass.**

Howie **denied** a pass made by Joe so that Shelly could not catch it.

**DIRECTION**

(noun)

Daryl wondered which **direction** Nadine  
was going to go: right or left?

**The course along which   
something moves.**

**DROP STEP**

(verb)

**An athletic movement in which a player pivots backward into  
open space.**

TJ practiced his **drop step** until he   
could perform it perfectly.

**In movement concepts, this refers to how the body moves and applies the concepts of time (fast, slow), force (strong, light), and flow (bound, free) to specific movement situations.**

**EFFORT**

(noun)

Rose knew that if she exerted a lot of **effort** in   
P.E. class, she would become   
healthier and more skilled.

**ENCOURAGEMENT**

(noun)

**Support, confidence, or hope offered by someone   
of some event.**

The class showed each other **encouragement** by cheering from the sidelines whenever they were watching others play.

**FAIR PLAY**

(noun)

Physical Education class is much more fun when everyone engages in **fair play**.

**Honest and honorable treatment, action, or conduct while playing a game or sport.**

**FAKE**

(verb)

Marie **faked** a movement to the right but then ran to the left in order to avoid her defender.

**To pretend that you are about to do something that you do not really plan to do in order to deceive an opponent.**

**FITNESS**

(noun)

Playing Rugby is a great way to enhance our **fitness.**

**The degree to which the total organism is able to meet the physical, intellectual, and emotional demands for everyday living, as well as cope with emergencies.**

**HAND-OFF**

(noun)

**An offensive play in which one player gives the ball to another player while maintaining contact until possession is transferred.**

Jeff and Gary executed a perfect **hand-off** and scored a try for their team.

**HEALTH-RELATED FITNESS**

(noun)

Patrick enjoyed improving his **health-related fitness** by playing sports like Rugby.

**A group of 5 physical characteristics that contribute to a person’s overall well-being. The 5 components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility,   
and Body Composition.**

**JAB STEP**

(noun)

**A strategic offensive movement in which an offensive player takes a short, quick, and hard step toward a defender in an effort to move the defender back and create space in between the two players.**

Brian performed a **jab step** in order to get Margaret to step backwards.

**LEADING PASS**

(noun)

**A pass that is made just ahead of a cutting player, giving the receiving player the ability to continue movement while catching the pass.**

Jake threw a **leading pass** to Erin just as she cut into open space.

**OFFENSE**

(noun)

**The team or players in a game or sport who are attempting to score or move the ball forward.**

The **offense** needed to score one more try in order to win the game.

**OPEN SPACE**

(noun)

**An area of general space with no obstacles where people or objects can move freely.**

Karen knew that she could receive a pass more easily if she moved into **open space.**

**PASSING LANE**

(noun)

**The open space through which  
 a ball can travel from   
passer to receiver.**

Anthony threw the ball to Alex and hoped that a defender wouldn't step into the **passing lane**   
to deny it.

**PATTERN**

(noun)

If the offense throws the ball from player to player in the same **pattern** every time, soon the defense will catch on and be able to stop them.

**A set of movements or actions that occurs in a predicable and   
often repeating manner.**

**PENDULUM MOTION**

(noun)

**A pattern of movement in which the object swings in an upside-down arc, like a child   
on a swingset.**

You use a **pendulum motion** when performing a basic rugby pass.

**PIVOT**

(verb)

Colleen **pivoted** around while she looked for an open teammate who could receive a pass.

**To keep one foot in place while moving the other foot one step in any direction.**

**POP PASS**

(noun)

Tommy used a **pop pass** to throw the Rugby ball to Brittany quickly.

**A method of passing a rubgy ball from chest position and while pushing the ball toward the target.**

**POSSESSION**

(noun)

**The state of an individual or team having the right to put a ball into play; maintaining control of the ball and the ability to score.**

The goal of the offense is to score a try at the end of every **possession**.

**PURPOSEFUL PRACTICE**

(noun)

**Structured and focused activity designed to improve skill and performance through challenging tasks that provide feedback through trial, error, adjustment, and success.**

Cosley used **purposeful practice** when she was trying to improve her athletic skill.

**REDUCE**

(noun)

If you **reduce** the angle to the end zone, it will be harder for the offense to score a try.

**To bring down to a smaller extent, size, amount, number, intensity, or other form of measurement.**

**RESPECT**

(verb)

**To appreciate someone or something as a result of their abilities, qualities, or achievements.**

The two teams showed each other **respect** by shaking hands after the game was over.

**RUGBY**

(noun)

**An invasion ball game created at Rugby School in Rugby, Warwickshire (England) first known as "Rugby School Football."**

**Rugby** is a really fun game to play!

**SAFE**

(adjective)

**Protected against physical, social, and emotional harm.**

Physical Education is an environment where students learn to be **safe** while they play  
games and sports.

**To successfully advance the ball to or beyond the opponents' goal line. In order to complete a try, the ball must touch the ground while the offensive player maintains firm control.**

**SCORE A TRY**

(verb)

Mandy's team jumped for joy after  
she successfully **scored a try.**

**To play by the rules and score by being honest and doing so as oneself or a group. A referee is not needed.**

**SELF-OFFICIATE**

(verb)

The class was mature and respectful, so they  
 **self-officiated** the game.

**A group of 6 psychomotor characteristics that contribute to a person’s ability to successfully complete a physical performance. The 6 components of Skill-Related Fitness include Agility, Balance, Coordination, Power, Reaction Time, and Speed.**

It takes consistent practice to improve   
**skill-related fitness.**

**SKILL-RELATED FITNESS**

(noun)

**Sideward movement with one foot leading in the direction of the movement and the other foot following in a step-together pattern. Feet do not cross.**

**SLIDE**

(verb)

Quentin decided to **slide** to the left in order  
to move into open space.

**The ability to propel the body or a part of the body rapidly from one point to another.**

**SPEED**

(noun)

Throw the pass with a lot of **speed** if you think a defender might deny it.

**Players are responsible for administering and adhering to the rules. Relies upon fair play of the players.**

Everyone has more fun when the players respect the **spirit of the game**.

**SPIRIT OF THE GAME**

(noun)

Troy's team decided to **spread the defense** in order to create more open space.

**Offensive movement in which offensive players spread out, forcing defenders to follow. This creates large areas of open space for making cuts and passes.**

**SPREAD THE DEFENSE**

(verb)

**A plan of action for   
achieving a goal.**

**STRATEGY**

(noun)

The offense's **strategy** was so good  
that they scored a try easily.

**To give help, assistance, and encourgement to someone or something.**

**SUPPORT**

(verb)

If we all **support** one another, everyone will have fun and improve together.

By passing back and forth as they moved down the field, Rick and Katrina used **teamwork** and scored a try.

**TEAMWORK**

(noun)

**The combined action and effort of a group of people working toward a goal or purpose.**

Billy followed the **trajectory** of the ball with his eyes in order to anticipate where it was going to land.

**TRAJECTORY**

(noun)

**The path along which an object travels as it moves through space.**

**In rugby, the successful earning of three points by advancing the ball to or beyond the opponents' goal line. In order to complete a try, the ball must touch the ground while the offensive player maintains firm control.**

**TRY**

(noun)

On her third attempt, Rori scored a **try.**