

ANGLE

(noun)

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

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



ANTICIPATE

(verb)

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

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



AVOID

(verb)

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

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



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 rugby 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)

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

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



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 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.

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



DEFENSIVE READY POSITION

(noun)

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.

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



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)

The course along which something moves.

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



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.*



EFFORT

(noun)

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.

*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)

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

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



FAKE

(verb)

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

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



FITNESS

(noun)

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.

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



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)

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.

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



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)

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

*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.*



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)

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

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



POP PASS

(noun)

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

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



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)

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

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



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.*



SCORE A TRY

(verb)

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.

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



SELF-OFFICIATE

(verb)

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

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



SKILL-RELATED FITNESS

(noun)

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**.*



SLIDE

(verb)

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.

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



SPEED

(noun)

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

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



SPIRIT OF THE GAME

(noun)

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.***



SPREAD THE DEFENSE

(verb)

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

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



STRATEGY

(noun)

A plan of action for achieving a goal.

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



SUPPORT

(verb)

To give help, assistance, and encouragement to someone or something.

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



TEAMWORK

(noun)

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

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



TRAJECTORY

(noun)

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

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



TRY

(noun)

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.

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

