

LESSON PLAN: RUGBY - WEEK 1

LESSON OBJECTIVES: To use space well, including to avoid others/opponents

WARM UP (15 MINS) – Do as I say

- Create a working space of 10 metres x 10 metres
- Students jog around the square, ensuring that they do not bump in to each other, and await the teachers command.

TEACHERS COMMANDS – IF THE TEACHER SAYS

- **SALE SHARKS** – The pupils perform a ‘figure of 8’ with the rugby ball between their legs.
- **WASPS** – The pupils throw the ball in the air and catch it.
- **AUSTRALIA WALLABIES** – Students hop on one leg, or two feet around the square.
- **SARACENS**– The pupils pass the ball around their body from hand to hand 10 times.
- **BATH** – The pupils score a try anywhere in the square by grounding the ball on the floor.

TASK ONE – DOMES AND DISHES (15 MINS)

- Mark a 10 metre by 10 metre square and put 17 cones evenly spread out – some in the ‘dome’ position and some in the ‘dish’ position.
- Split the pupils in to two even teams and ask them to stand out side of the square. Inform one team that they have 60 seconds to turn all the cone to ‘domes’. Inform the other team they must turn the cones to ‘dishes’ at the same time.
- When the teacher says ‘Go’, the pupils enter the square and turn the cones over as advised
- When the 60 seconds is over, the teacher shouts ‘stop’.
- The winning team is the team who has the most cones in their desired position.

TASK TWO –CAPTURE THE TAGS (ensure that there is a water break beforehand)

- Using the same 10 metre by 10 metre square, put 10 tags in the square ensuring they are spread evenly around the area. Place a basket (or something to put the tags in) 3 metres away from the square. This is where the player starts. They must collect the tags 1 at a time and place them in the basket. The player has 30 seconds to collect as many tags as they can. Repeat as many times as possible in the allocated time.

TIPS

- Bend your knees to pick up the tags.
- Put the tags in the basket, don’t throw them.
- Only pick up 1 tag at a time

COOLDOWN (10 MINS)

- Pupils jog around the square before choosing different stretches that focus on different parts of their bodies.

EQUIPMENT/RESOURCES

- CONES
- RUGBY BALLS
- TAPE MEASURE
- STOP WATCH
- RUGBY TAGS

For more competition related lesson plans please visit

<http://valeroyschoolsport.org/p>

[esupport](http://valeroyschoolsport.org/p) or for challenge activities please visit

<http://valeroyschoolsport.org/a>
[ctivity-challenges](http://valeroyschoolsport.org/a)

KEYWORDS/PHRASES

- PASS
- SCORE A TRY
- RUN
- GROUND THE BALL
- TEAMWORK
- SHUTTLE RUN
- WARM UP
- COOL DOWN
- STRETCH

Adaption/Challenge/Homework

Harder	Easier
Hop with your weaker foot.	Hop / jump with two feet.
Perform the ‘figure of 8’ at speed.	Perform the ‘figure of 8’ at slowly.
Increase the distance of the pass.	Shorten the distance of the pass.

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LESSON PLAN: RUGBY - WEEK2

LESSON OBJECTIVES: To complete successful passes, including whilst moving in space

WARM UP (15 MINS) – Do as I say

- Create a working space of 10 metres x 10 metres
- Pupils, with a ball each, jog around the square, ensuring that they do not bump in to each other, and await the teachers command.

TEACHERS COMMANDS – IF THE TEACHER SAYS

- **SALE SHARKS** – Pupils use their right hand to create an imaginary fin on their head and quickly dart in and out of each other (humming the ‘Jaws’ theme tune is optional!)
- **LEICESTER TIGERS** – Pupils go on their hands and knees and ‘Roar’ like tigers.
- **AUSTRALIA WALLABIES** – Pupils hop on one leg, or two around the square.
- **NEWCASTLE FALCONS** – Pupils use their arms as wings and fly around the square.
- **BATH** – Pupils lie on their backs and pretend to splash!

TASK ONE (15 MINS) KEEP GOING

- Working in the same 10 metre x 10 metre space
- Pupils to work in groups of 2 or 3. They pass the ball to one another, in a line if they can.
- If the teacher calls – ‘Score a try’ – the player with the ball grounds the ball.
- The game restarts when a team mate picks up the ball.
- Teams may also work around the perimeter of the square.

TASK TWO – RUGBY SHUTTLE RUN (ensure that there is a water break beforehand)

- Place 4 markers 5 metres apart in a line. Marker 1 is your starting position, place rugby balls on the other 3 markers
- Pupils collect the rugby balls 1 at a time and bring them back to the starting position. Once all the balls are back, place them back by each marker (this is one complete lap). Children will have 2 minutes to complete as many laps as possible.
- The number of complete laps will be your score.
- Repeat as many times as possible in the allocated time.

TIPS

- Keep the ball in 2 hands
- Make sure you place the ball next to the markers and don’t throw them.

COOLDOWN (10 MINS)

- Pupils jog around the square before choosing different stretches that focus on different parts of their bodies.

EQUIPMENT/RESOURCES

- CONES
- RUGBY BALLS
- TAPE MEASURE
- STOP WATCH

For more competition related lesson plans please visit <http://valeroyalschoolsport.org/pesupport> or for challenge activities please visit <http://valeroyalschoolsport.org/activity-challenges>

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Adaption/Challenge/Homework

Harder	Easier
Lengthen the distance of the pass	Shorten the distance of the pass
Perform the skills at speed	Slow down the execution of the skill
Spin the ball when passing	



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