

how to set up:

- Set up a safe area using cones.
- Ask the children to find a space in the area.
- Give each child a rugby ball or one ball between two.



equipment:

- Rugby balls
- Cones

Encourage pupils to keep a 2-metre distance whilst moving around.

how to play:

- Begin jogging around the area using two hands to hold the ball.
- Follow the teacher's commands:
 - Put the ball on the floor.
 - Put the ball between your legs.
 - Hold the ball on your head.
 - Leave the ball on the floor.
 - Collect ANY ball.

Pupils to only touch their own ball so pupils do not share equipment.

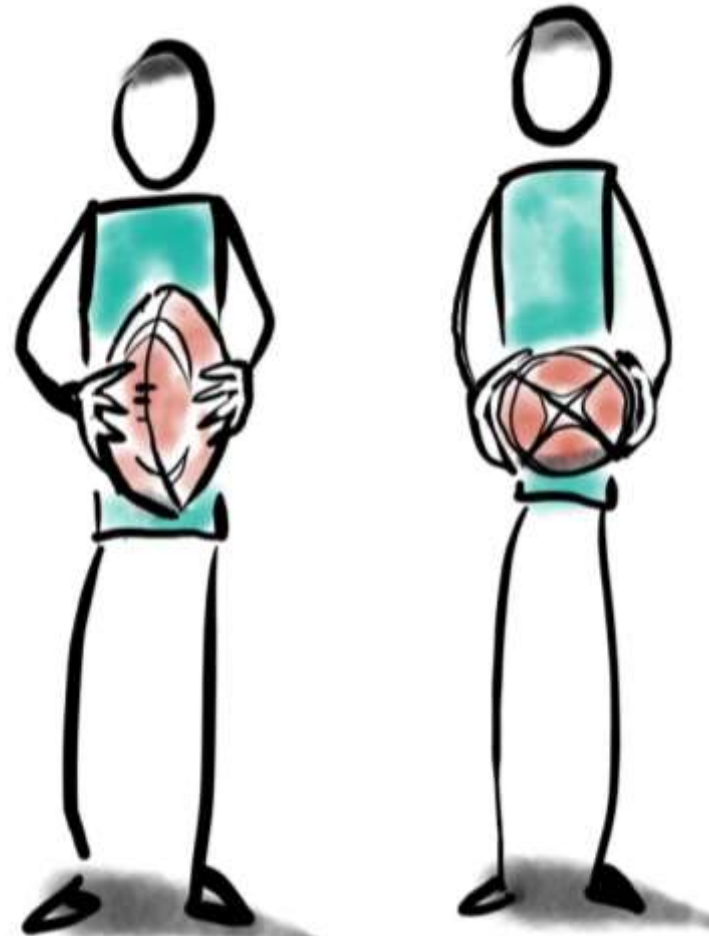
This is a summary of a full plan available at www.PEplanning.org.uk.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

how to play:

- Ask the children to find a space in the area.
- Give each child a rugby ball.
- Ball familiarisation – allow the children to:
 - Throw and catch the ball.
 - Bounce the ball.
 - Squeeze the ball.
 - Hold and explore the ball.
- Remind children to use two hands to throw and catch the ball.

Keep pupils working with the same equipment they worked with in the previous activity.



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how to set up:

- Set up 6 cones in a line with a 1m gap between them.
- 6 equal groups in a line behind each cone.
- Place a cone 10m opposite the line of children.



Limit the number of pupils in each line.

how to play:

- First person runs around the cone opposite holding the ball in two hands.
- Pass the ball to the next person in the line.
- Two goes each before changing the way they pass the ball:
 - Place it in their hands.
 - Pass it to them.
 - Roll the ball on the floor.
 - Place ball in front of them (score a try).

Ensure a large space is used. Outdoor would be recommended for this type of game.

This activity involves sharing of equipment. Clean thoroughly between bubbles.

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how to play:

- Give each child a rugby ball.
- When the teacher says 'DOWN' they must place the ball down.
- When the teacher says 'UP' they must pick the ball up with two hands.
- Variation of travel:
 - Run
 - Jog
 - Backwards
 - Sideways
 - Slow Motion
 - High Knees

*Remind pupils to keep
a 2-metre distance
from each other.*

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