

## how to play:

- Children must pretend they are playing rugby on their own – use imagination.
- Follow the commands of the teacher:
  - Walk
  - Run
  - Score a try
  - Celebrate a try
  - Pass the ball
  - Catch the ball
  - Run around a defender.
  - Jump

This is a summary of a full plan available at [www.PEplanning.org.uk](http://www.PEplanning.org.uk).

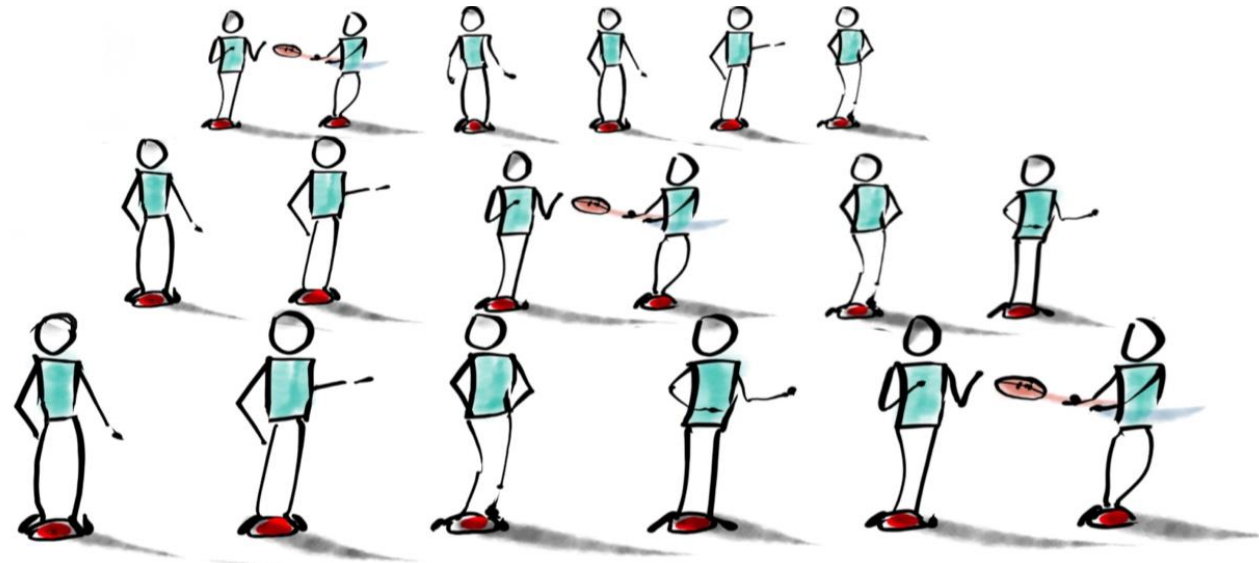
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

## how to set up:

- Split the class up into groups of 6.

## equipment:

- Rugby balls
- Cones



## how to play:

- Make a line of cones 1m apart.
- Each child is to stand on one of the cones.
- Some lines may have more or less than 6 but that is okay for this task.
- The ball is at the front of the group and all the children must face forwards.
- On the whistle the groups must pass the ball down the line and back again.
- If the ball is dropped the best thing to do is pick it up and carry on.

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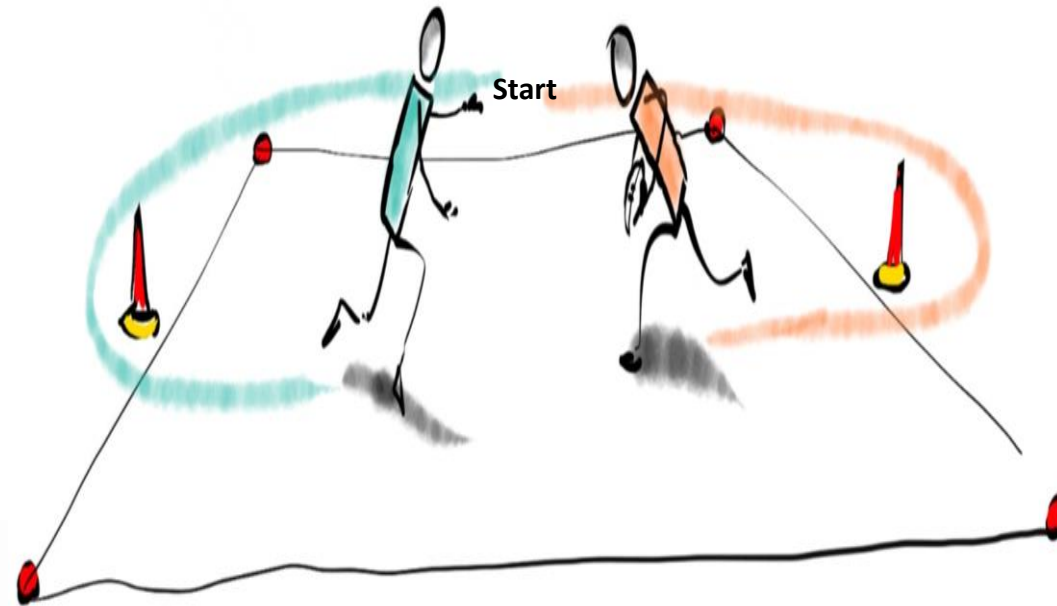
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## how to set up:

- Play in pairs. 1v1.
- Set up an area approximately 5x5 steps.
- Place a cone in the middle of each by line (See image.)
- Set up enough areas so each pair has their own space.

## equipment:

- Rugby balls
- Cones
- Tags / Tag belts



## how to play:

- Play a 1v1 rugby game, with both players running around their middle cone. The player with the ball attempts to score by placing the ball past the try line, whilst the other player defends the try line (the line with the middle cone.)
- If the attacker achieves this without the defender stealing their tag, they score 1 try.
- Keep swapping roles.

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Hamstring



Arm



Quadricep



Side

### how to play:

- Standing still.
- Explain to the children that they will be stretching some of their larger muscle groups.
- Let the children lead.
- Encourage them to think about what stretches we did in the previous lesson and demonstrate to the class.
  - Arms
  - Core
  - Legs
- Hold each for 5 seconds.

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