

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

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

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

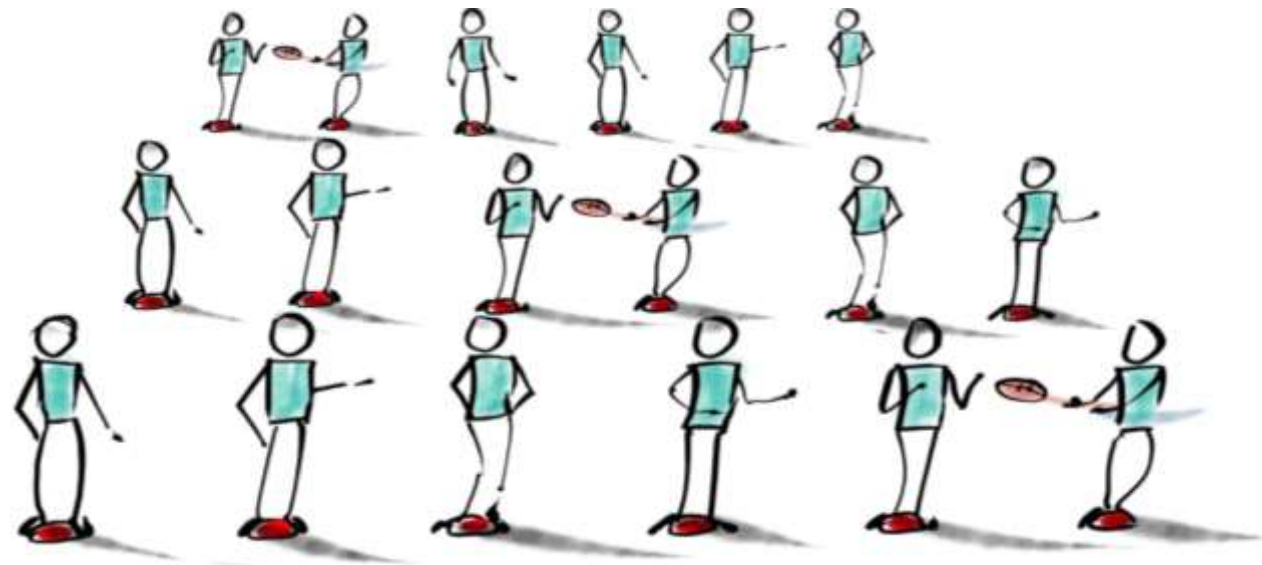
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

how to set up:

- Split the class up into groups of 6.

equipment:

- Rugby balls
- Cones



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

how to play:

Do not use cones. Pupils to work together and communicate to stand in a line 2 metres apart.

- 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.

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

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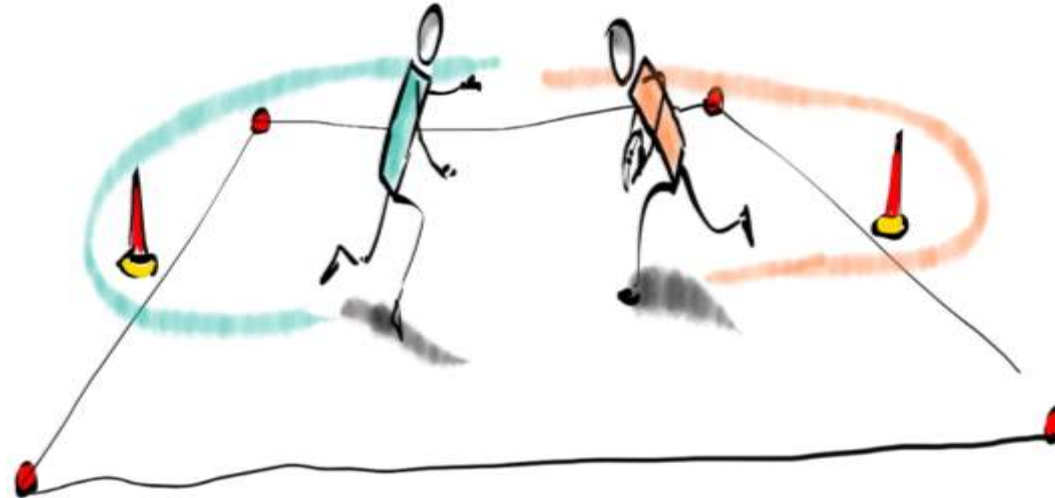
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how to set up:

- In pairs. Play 1 vs 1.
- Set up the usual 20 x 20 step grid.

equipment:

- Rugby balls
- Cones
- Tags / Tag belts



Check your school policy if you play tag games, we recommend playing tag rugby games outdoor.

how to play:

- Set up the activity on the usual 20 x 20 step grid.
- Play 1v1 rugby game, with 1 player attempting to run around the cones to score by placing the ball past the try line, whilst the other player runs to defend the try line.
- If the attacker achieves this without the defender stealing their tag, they score 1 try.
- Keep swapping roles.
- Set up lots of areas (if you have the space) so that children are not sat around waiting for their turn.
- Wait 5 seconds if they get tagged before passing.

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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.

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