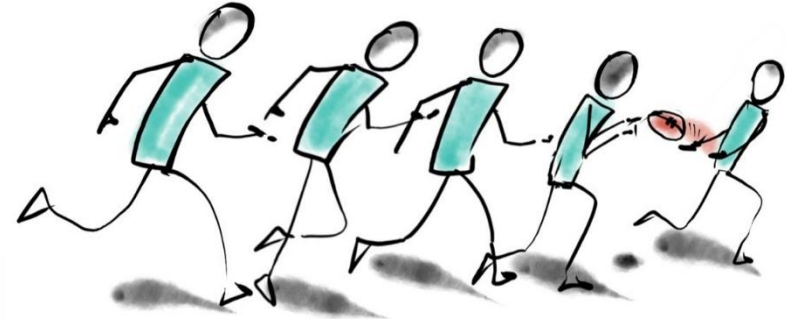


how to set up:

- Split the children into groups of 5/6.
- The child at the front of the line is the leader and has a rugby ball.

equipment:

- Rugby balls



how to play:

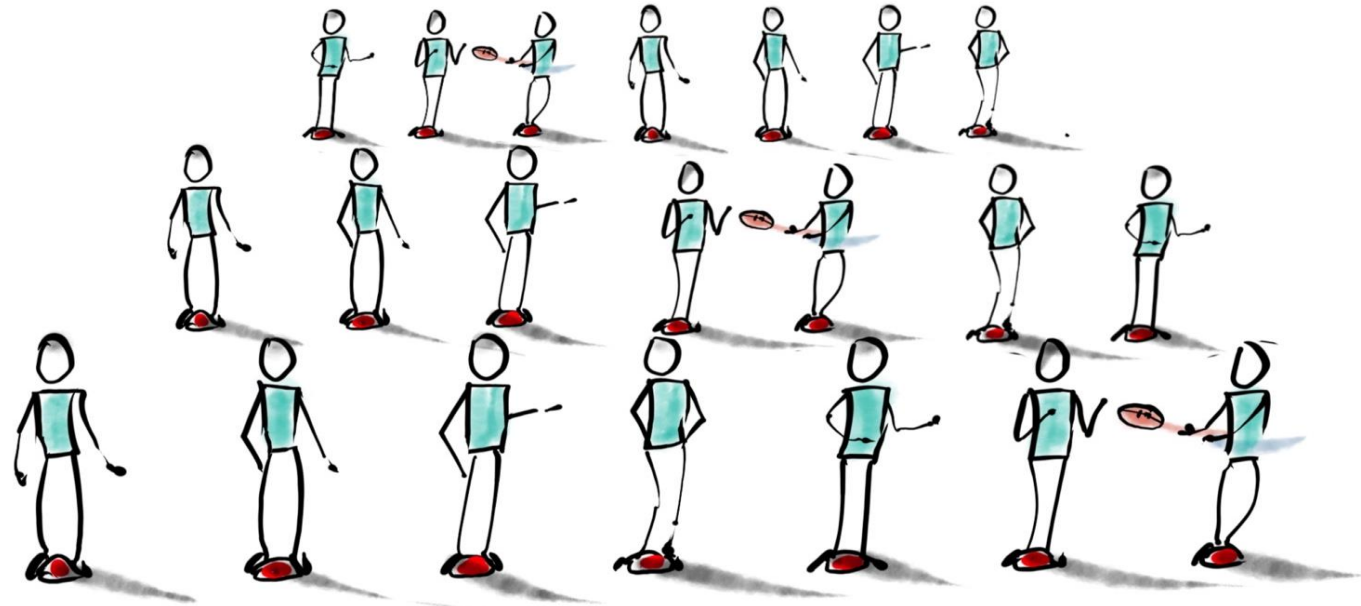
- The leader runs into the space with the everyone following.
- After 20/30 seconds the leader must pass the ball backwards to the next player in the line and then join the back of the line.
- The following player becomes the leader.
- Encourage the children to look where they are passing.
 - Make Easier: Only pass on the whistle/teacher's command.
 - Make Harder: Take less steps before passing the ball.

how to set up:

- Split the class into groups of 6.
- Make a line of cones 1m apart, 1 child per cone.

equipment:

- Cones
- Rugby balls



how to play:

- Each child stands on a cone.
- The ball starts at the front of the group.
- Each child facing forwards.
- On the whistle, the group pass the ball down the line and back again.
- Count to 5 before passing the ball.
- Encourage children to support each other using the correct passing technique.

how to set up:

- Same set up as previous drill.
- All children face the same way (shoulders to shoulders).

equipment:

- Cones
- Rugby balls

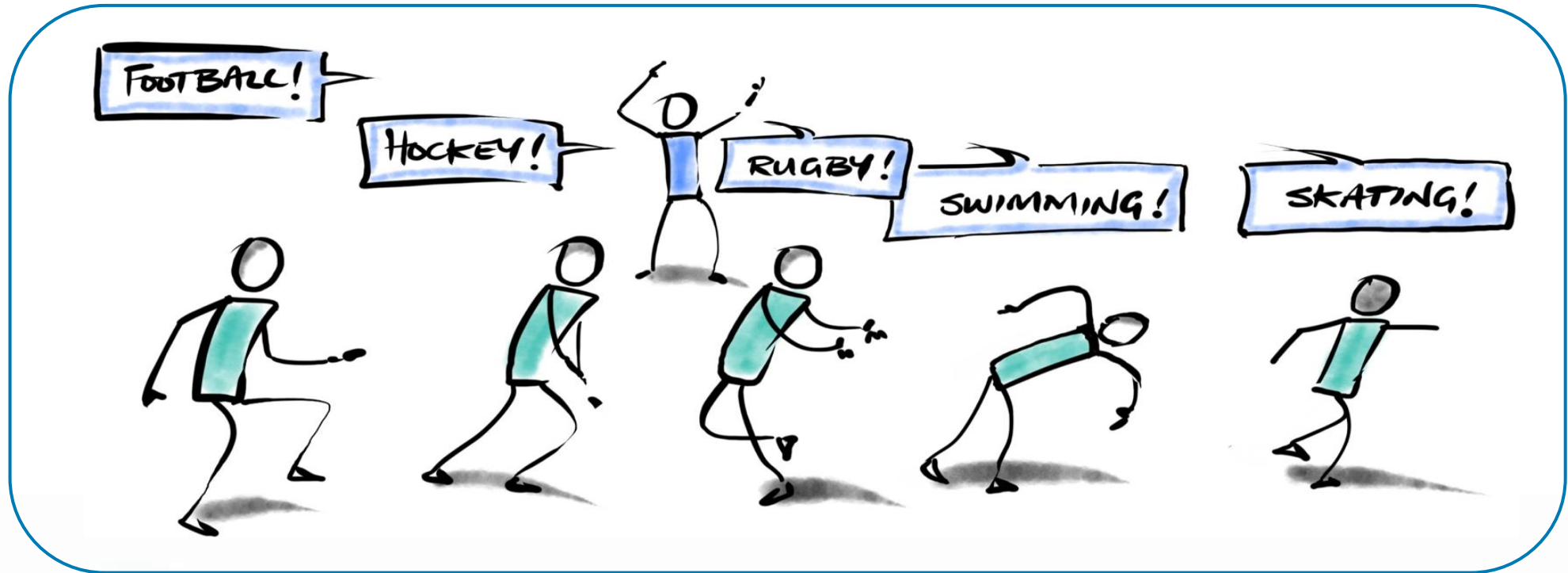


how to play:

- Try to pass the line down and back.
- Must pass the ball sideways or backwards.
- Recap technique: swing arms across their body.
- PROGRESSION 1: The child that starts with the ball takes one step forward and passes the ball. The next person does the same. Continue this to the end. Rotate positions.
- PROGRESSION 2: Once they have stepped forward and passed the ball the children must step back to their original position. The person on the end stays forward and passes the ball to a teammate stood in their original position.

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:

- Children should move in response to the teacher's instruction.
- Teacher will call out different sports for the children to act out:
 - Football
 - Hockey
 - Rugby
 - Swimming