

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

Use all the space available and remind children to keep 2 metres from each other.

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

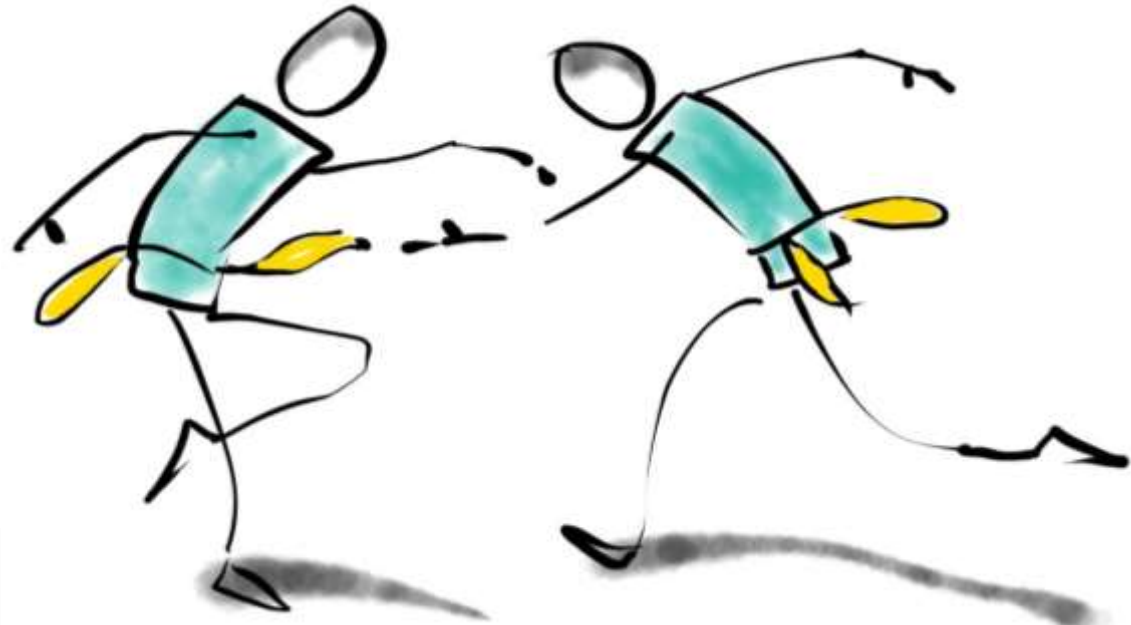
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

how to set up:

- Split the children into pairs.
- Each child has a tag belt with 2 tags attached.

equipment:

- Tag belts
- Tags



how to play:

- The aim of the game is to pull their partners tag off.
- When one child gets one, they then pass it back to their partner, allow them to re-attach it and then they start again.
- Keep score to make competitive.
- Attempt to grab the end that is not attached to the belt.
- Give it back to your partner and do not throw it on the floor.

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

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how to set up:

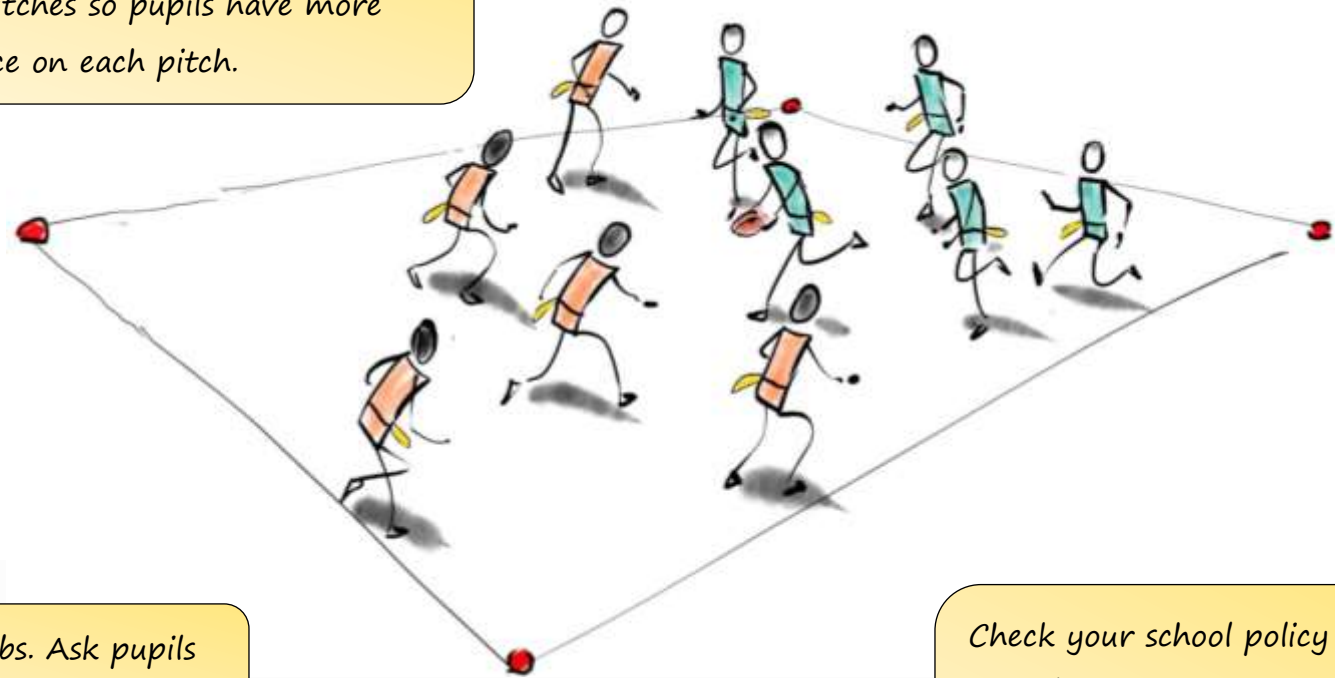
- Set children up into 4 teams.
- 2 games playing at once.
- Set up large areas for the games.

If space allows create more than 2 pitches so pupils have more space on each pitch.

equipment:

- Rugby balls
- Cones
- Tag belts
- Tags
- Bibs

Do not use bibs. Ask pupils to use awareness skills.



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

how to play:

- Set up two try lines of cones that match the team's bibs.
- This will help children understand where they need to work towards to score a try.
- Encourage children to move into space.
- Remind children to give the tackled player their tag back.
- Count to 5 before passing the ball to someone on their team.

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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 2 metres apart from each other.

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