



equipment:

- Rugby balls
- Cones

how to play:

- Spread marker spots around the area – 1 per child.
- Children find a spot and stand on it.
- Perform actions on the spot:
 - Jogging.
 - High Knees.
 - Bouncing.
 - Heel Flicks.
 - Star Jumps.
- Let children think of actions to perform and demonstrate to the class.

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.

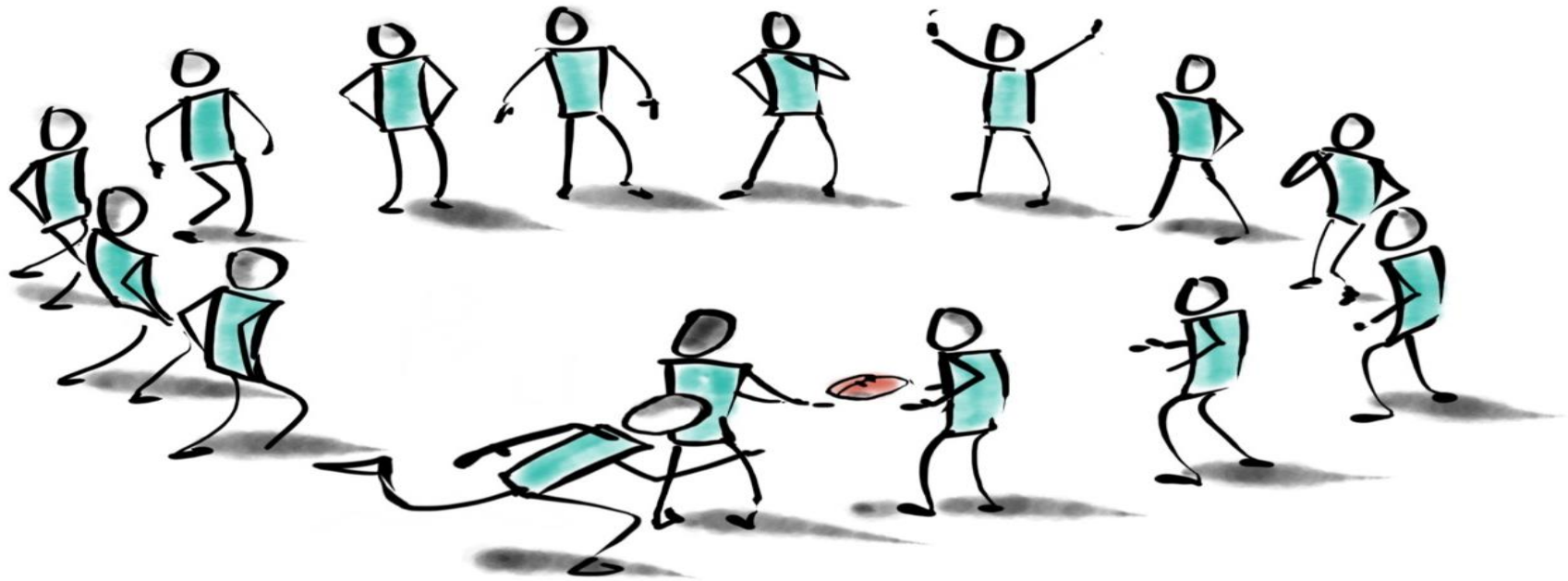


how to play:

- Children to face each other in pairs with a ball between them.
- Explain can pass the ball forwards in this game – **not** in the game of tag rugby.
- Pass the ball back and forth in pairs using two hands.
- Change the distance of passing – based on ability.
- Experiment different ways of passing the ball.
- Remind children that their hands should travel to their hip and finish in front of their chest.

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how to play:

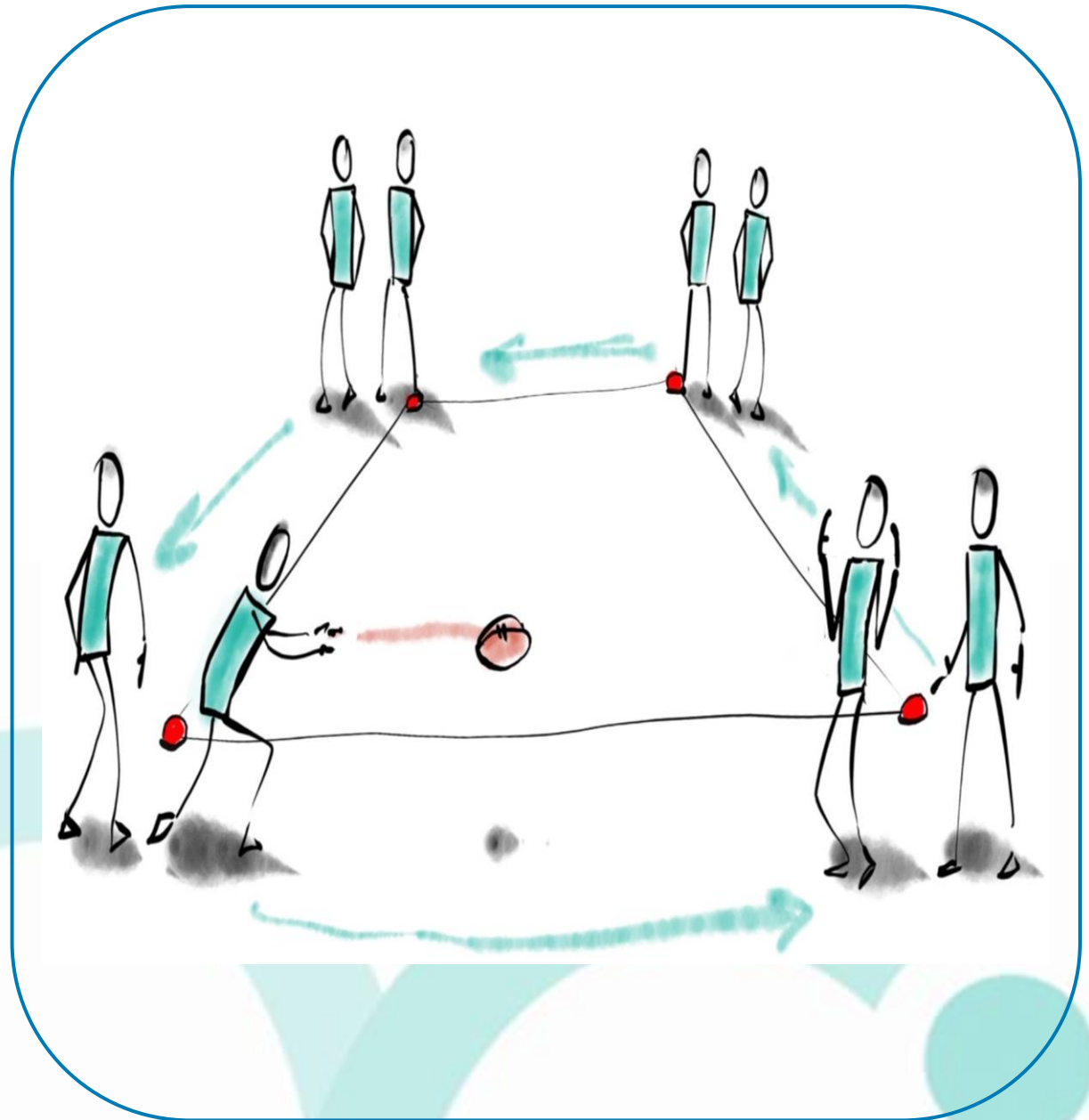
- All class stand in a circle and pass the ball around.
- When the teacher blows the whistle, the person holding the ball must pass to the next person and run around the circle.
- Rest of the class pass the ball around the circle quickly to try and beat the runner before they get back.
- Remind the children to hold the ball around the 'body' or 'belly'.
- Progression:
 - Split into smaller groups
 - Smaller circle – working on speed, agility and quick reactions.

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how to play:

- Split children into groups of 8.
- Set up a square grid with 2 children on each corner – 1 ball per grid.
- Pass the ball and join the line they passed to (Pass and Follow.)
- Encourage children to use the correct passing technique.
- 'W' shape to receive the ball.
- Differentiation / Progression:
 - Change size of the grid (smaller / larger).
 - Point system for not dropping the ball.
 - Timed competition.
 - Add more balls / change direction.

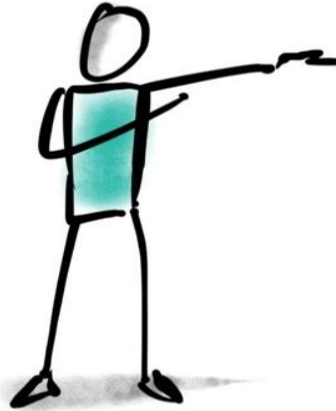


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Hamstring



Arm



Quadricep



Side

how to play:

- Explain that static means on the spot.
- Teacher lead stretches – hold stretch for 10 seconds.
- Talk through the muscles and stretches to help children remember for next lesson.