

## 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

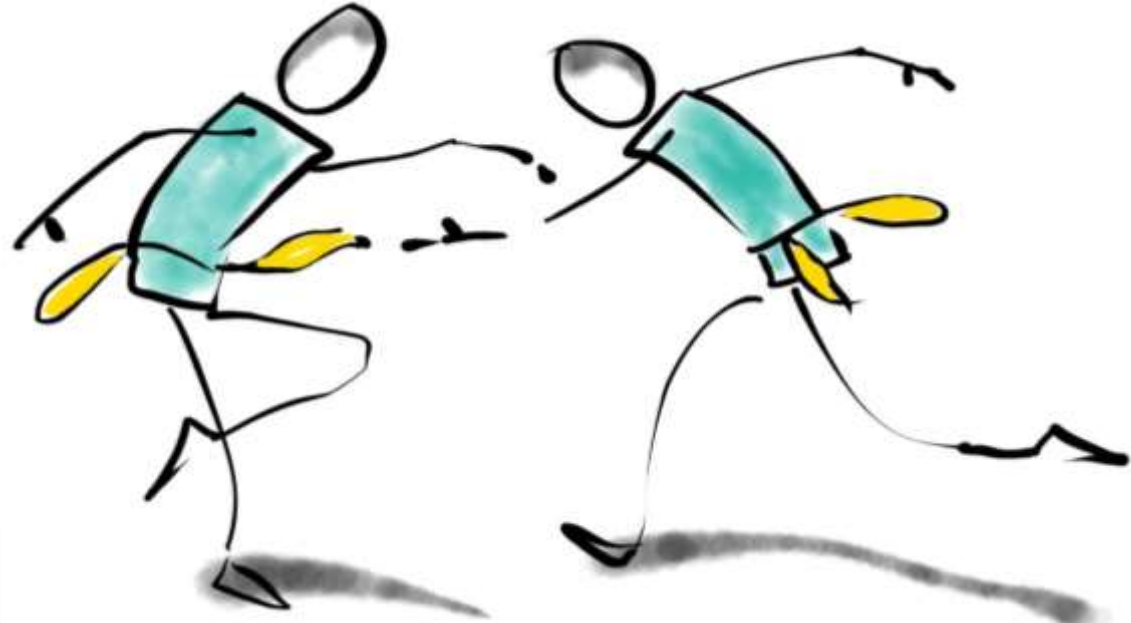
This is a summary of a full plan available at [www.PEplanning.org.uk](http://www.PEplanning.org.uk).  
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

## how to set up:

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

## equipment:

- Cones
- 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.

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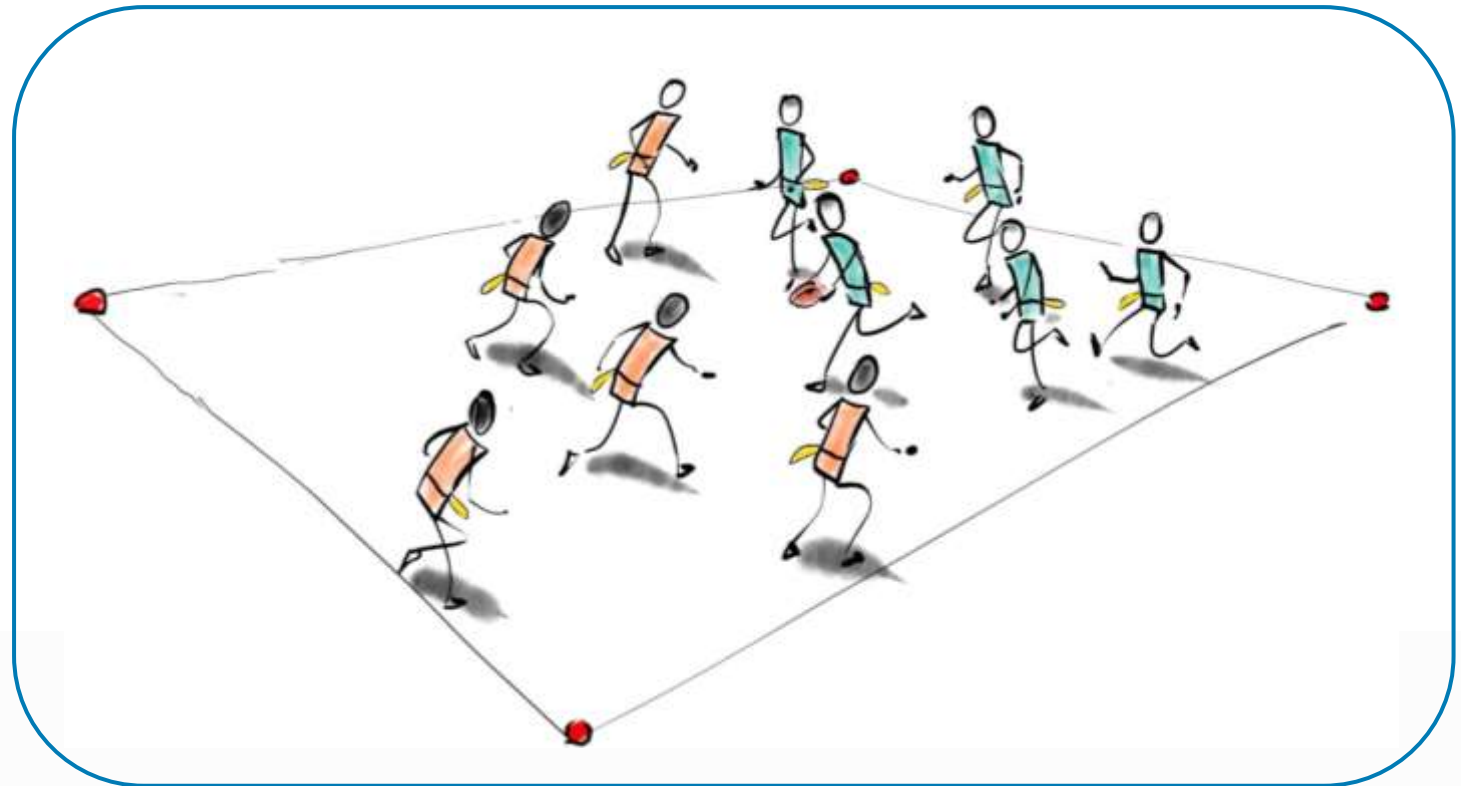
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## how to set up:

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

## equipment:

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



## 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.

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