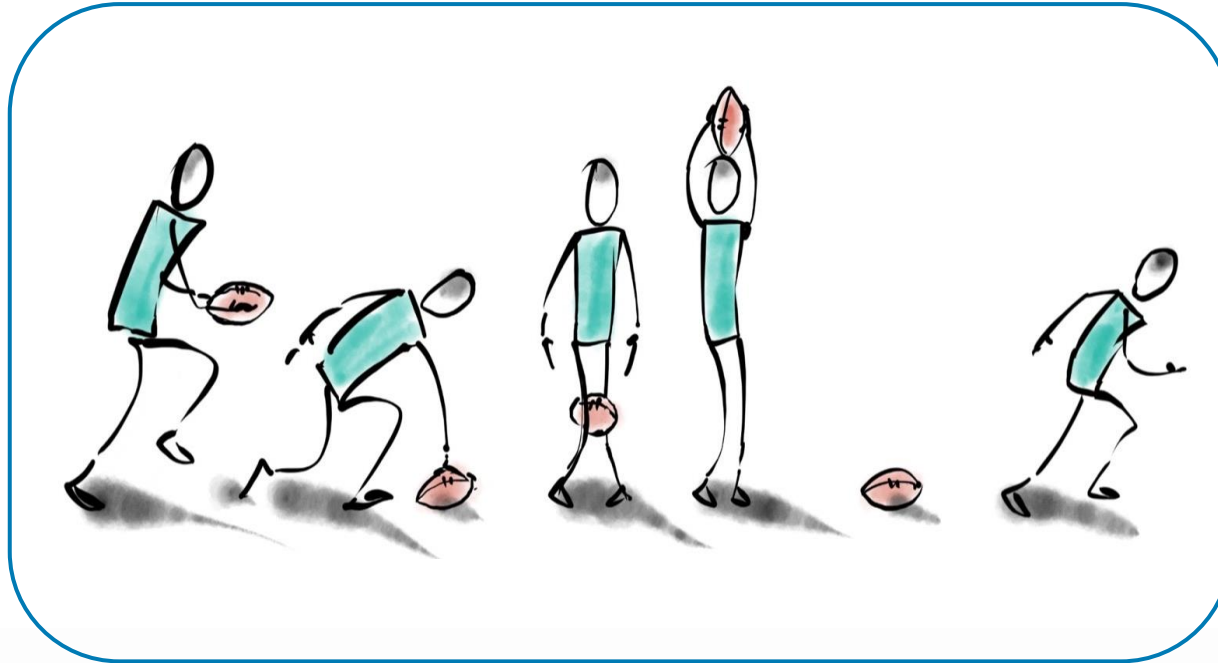


## how to set up:

- Set up a safe area using cones.
- Ask the children to find a space in the area.
- Give each child a rugby ball or one ball between two.



## equipment:

- Rugby balls
- Cones

## how to play:

- Begin jogging around the area using two hands to hold the ball.
- Follow the teacher's commands:
  - Put the ball on the floor.
  - Put the ball between your legs.
  - Hold the ball on your head.
  - Leave the ball on the floor.
  - Collect ANY ball.

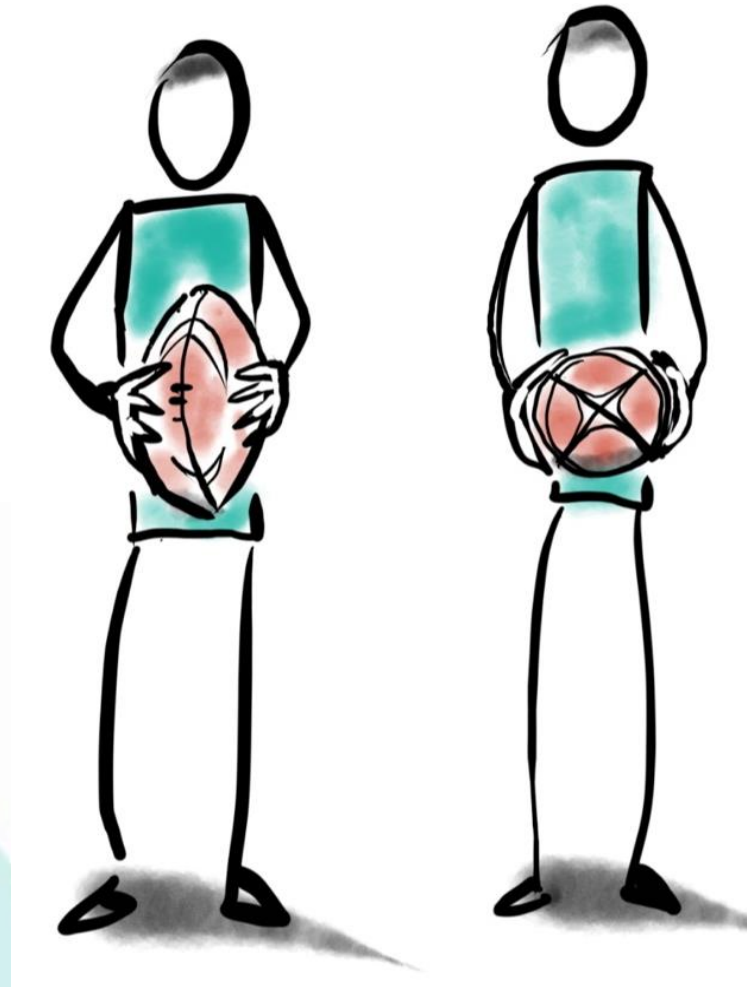
This is a summary of a full plan available at [www.PEplanning.org.uk](http://www.PEplanning.org.uk).

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



## how to play:

- Ask the children to find a space in the area.
- Give each child a rugby ball.
- Ball familiarisation – allow the children to:
  - Throw and catch the ball.
  - Bounce the ball.
  - Squeeze the ball.
  - Hold and explore the ball.
- Remind children to use two hands to throw and catch the ball.



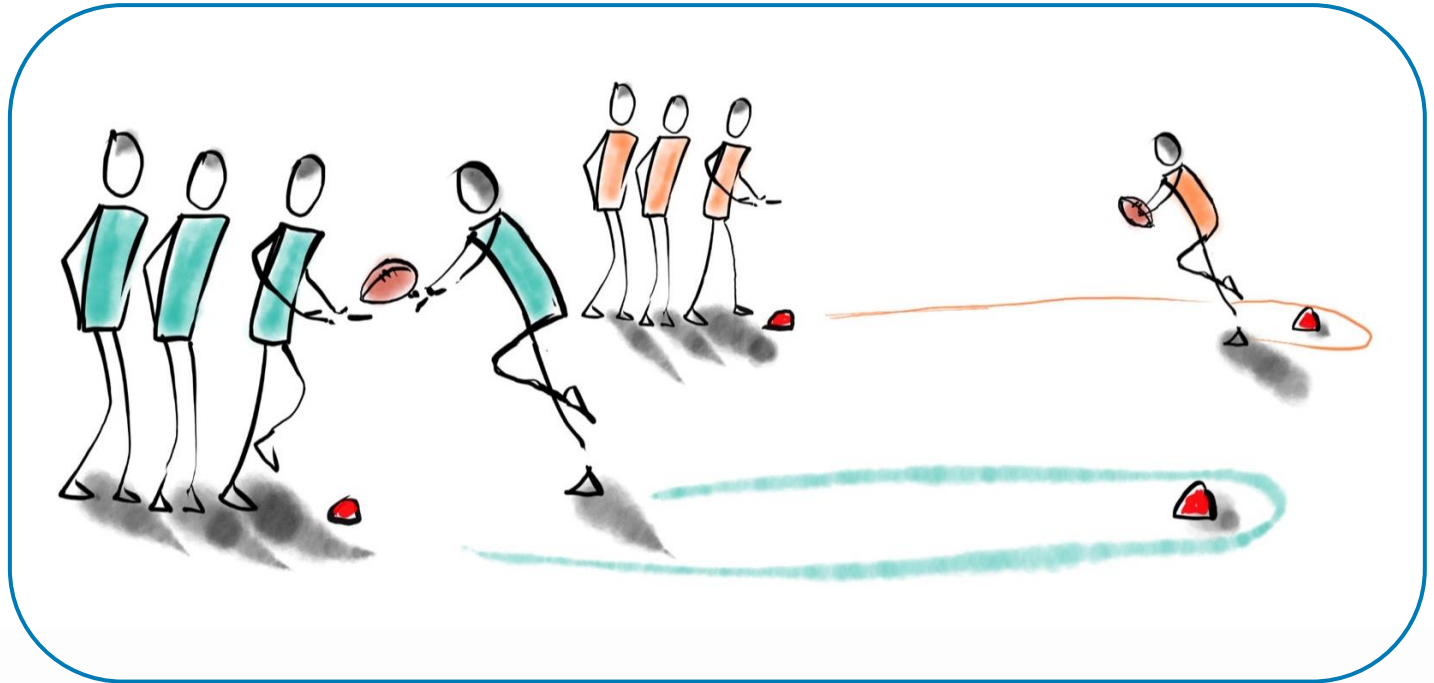
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## how to set up:

- Set up 6 cones in a line with a 1m gap between them.
- 6 equal groups in a line behind each cone.
- Place a cone 10m opposite the line of children.



## how to play:

- First person runs around the cone opposite holding the ball in two hands.
- Pass the ball to the next person in the line.
- Two goes each before changing the way they pass the ball:
  - Place it in their hands.
  - Pass it to them.
  - Roll the ball on the floor.
  - Place ball in front of them (score a try).

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## how to play:

- Give each child a rugby ball.
- When the teacher says 'DOWN' they must place the ball down.
- When the teacher says 'UP' they must pick the ball up with two hands.
- Variation of travel:
  - Run
  - Jog
  - Backwards
  - Sideways
  - Slow Motion
  - High Knees

This is a summary of a full plan available at [www.PEplanning.org.uk](http://www.PEplanning.org.uk).

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