Rugby FUNdamentals L3

Year 1

Learning Intention: How can you score?

Yr 1

I can run and place a ball down on the ground, using two hands to score I can run and attempt to get past a pirate (defender) to score I can run past a pirate (defender) to score

EQUIPMENT:

Cones, Tag belts, Hula hoops, Bibs, Balls

WARM UP: Stuck in the mud

- Children to move around, with a tag belt attached, in a small area and to play 'stuck in the mud.'

Three children to be the 'taggers.' They attempt to get as many tag belts in 1 minute as possible. Repeat again, choose different children to be taggers

ACTIVITY 1: Bury the Treasure (in pairs)

Set up: 1v1

- Red Beard Pirate v Blue Beard Pirate.
- 2 cones and 1 ball



Rules:

- Red Beard Pirate is to try and get the ball onto Blue Beards island (between cones) to score a point
- 2) Blue Beard is to try and stop Red Beard by getting their tag belt and calling "tag"





3) Swap over

Make it easier: Make the area (line) larger

O&A: Who is the attacker and who is the defender?



ACTIVITY 2: Bury the Treasure'

Set up:

- One large square and One small one, in the centre of it.
- 4 v 4
- 4 x Red Beard Pirates and 4 x Blue Beard Pirates.
- Children on both teams to have tag belts, pirates names can be the same as the belts
 e.g Green belts= Green Pirates

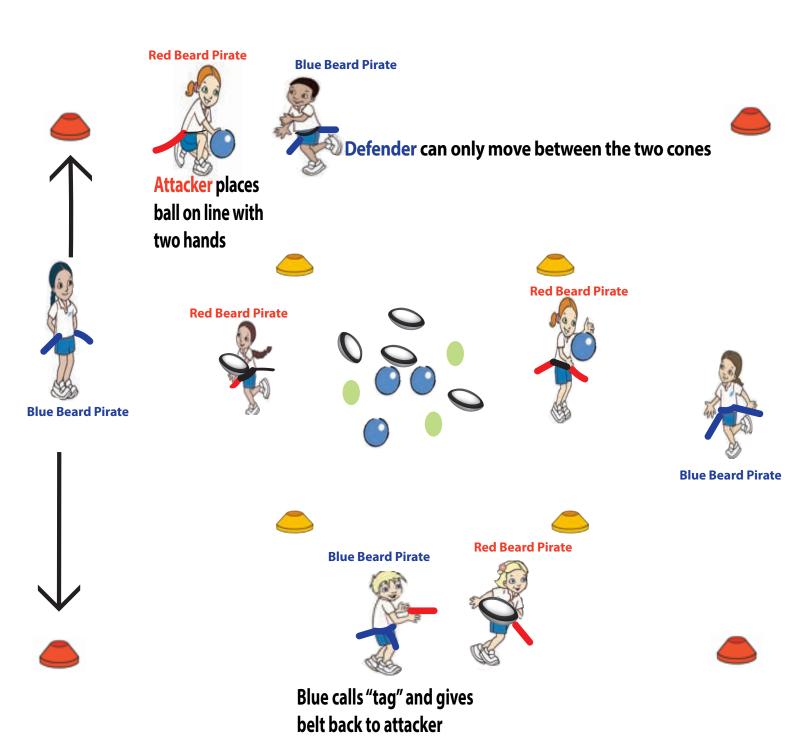
Rules:

- 1) 4 x **Red Beard Pirates** in the middle and start with 4-10 balls (rugby, tennis, netball's, or any other suitable ones)
- 2) **Red Beard Pirates** run and place a ball on **any** line (by the treasure)
- 3) There are Four defenders **Blue Beard Pirates** (taggers) on the line attempting to tag the runners before they can place the ball down on the line. **Blue Beard Pirates** must stay on their line
- 4) **Red Beard Pirates** score 1 point by placing the ball down with **two hands** on the line.
- 5) If they are tagged or do not place the ball down with two hands = no points are scored and the ball must be taken back to the middle square (where they start again)
- 6) After 2 minutes the team's swap. The aim of the game is to score more points than your opponents and the team with the most points (scores) will be the winner!

REMEMBER:

- ▼ Two hands on the ball
- Run forward with the ball, not backwards
- Place the ball on the ground with two hands

See Diagram on next page...



COOL DOWN

Children to move around the area slowly (jog, walking).

PLENARY

What did you enjoy about the lesson today? Can you tell me anything about how you were able to score in the games?

