

RUGBY

KEY INFORMATION

AGE GROUP: Primary- Year 5&6, Secondary- U13 Girls

GENDER SPECIFICATIONS: minimum of 2 girls in team (Primary)

NUMBER IN A TEAM: 8



DESCRIPTION

There will be 4 tasks / skills to complete as part of this rugby challenge. Please record the score for each activity on the score sheet, and the top 8 scoring children who meet the age and gender specifications above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.

Please complete and submit your monitoring sheet on completion and send to your local School Games Organiser.



CHESHIRE & WARRINGTON
VIRTUAL SCHOOL GAMES



TASK #1: TARGET PASSING

HOW TO PLAY

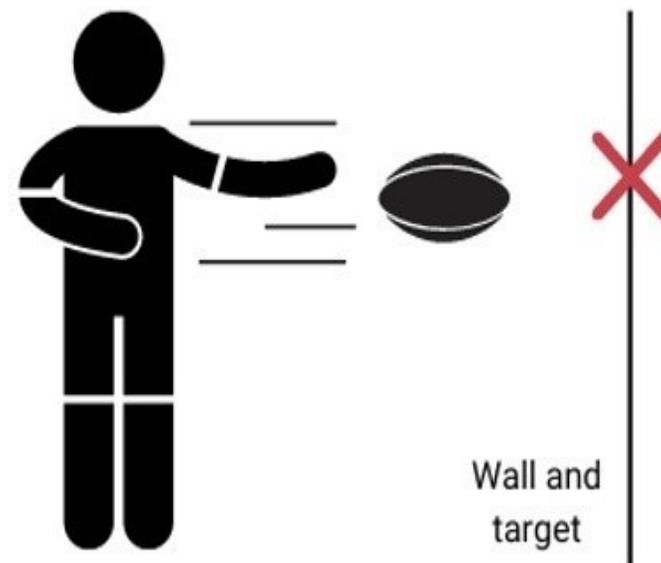
Make a target on a wall, stand 2 metres away from the target. Follow the technique and see how many times you can get the rugby ball to hit the target in 1 minute. [Click here](#) to view a video of this task.

- Stand with target on your left or right.
- Hold the ball in 2 hands, swing it across your body and release it towards the target
- Your fingers should finish pointing towards the target.
- Retrieve the ball as quickly as possible.

SCORING: 1 point for every time you hit the target

EQUIPMENT:

Rugby Ball, target (or chalk to draw target), tape measure, stopwatch



TASK #2: RUGBY BALL RELAY

HOW TO PLAY

Place 4 markers 5 metres apart in a line. Marker 1 is your starting position, place rugby balls on the other 3 markers

Collect the rugby balls 1 at a time and bring them back to the starting position. Once all the balls are back place them back by each marker (this is one complete lap). Children will have 2 minutes to complete as many laps as possible. [Click here](#) to view a video of this task.

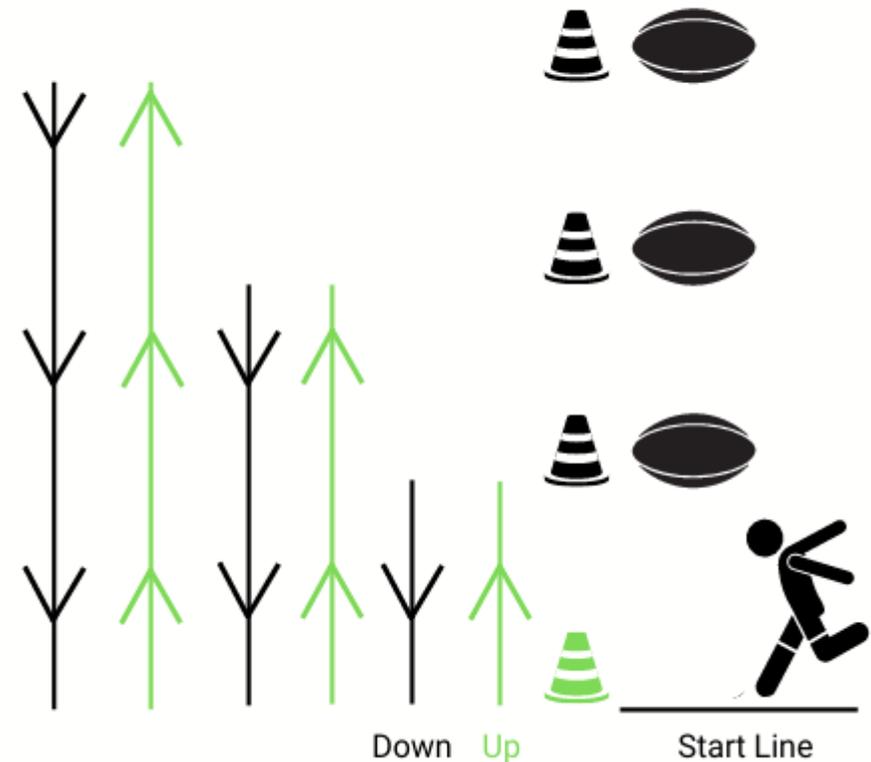
- Keep the ball in 2 hands
- Make sure you place the ball next to the markers and don't throw them.

SCORING:

The number of complete laps will be your score.

EQUIPMENT

3 rugby balls, 4 markers, tape measure, stopwatch



TASK #8: COLLECT THE TAGS

HOW TO PLAY

Mark a 10 metre by 10 metre square and put 10 tags in the square ensuring they are spread evenly around the area. Place a basket (or something to put the tags in) 3 metres away from the square. This is where the player starts. They must collect the tags 1 at a time and place them in the basket. The player has 45 seconds to collect as many tags as they can. [Click here](#) to view a video of this task.

- Bend your knees to pick up the tags.
- Put the tags in the basket, don't throw them.
- Only pick up 1 tag at a time

SCORING:

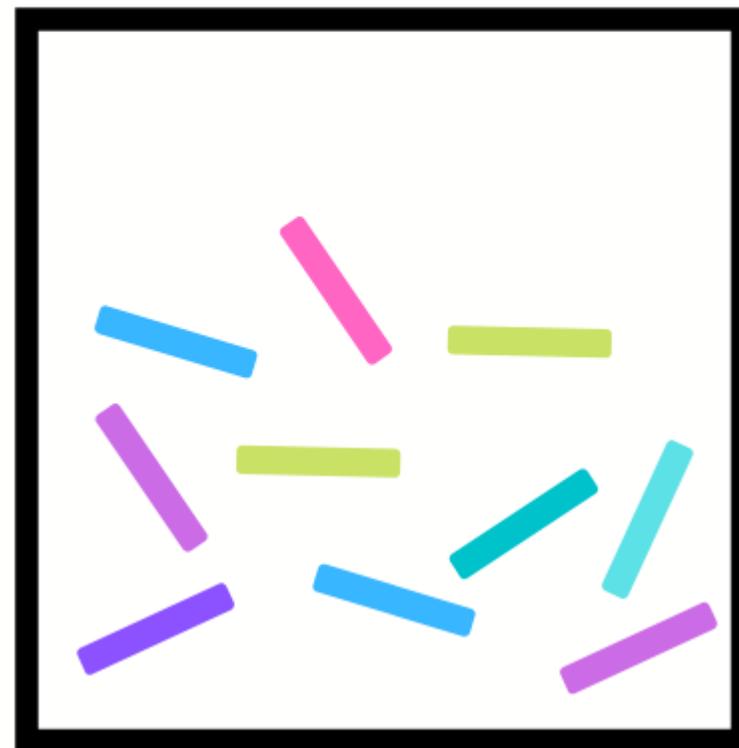
The number of tags in the basket after 45 seconds will be your score.

EQUIPMENT

Tags x10, basket (or somewhere the tags can be placed), markers,



10m x 10m



TASK #4: ROUND THE BODY

HOW TO PLAY

The player holds the rugby ball in 2 hands in front of their chest. The ball must be passed around the body from hand to hand as many times as possible in 1 minute.

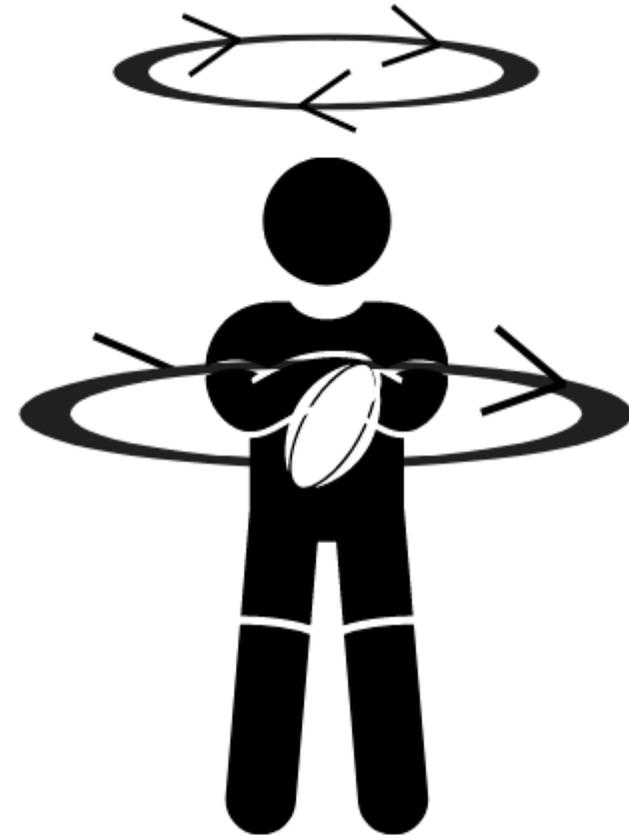
If the ball is dropped, the player must retrieve it as quickly as possible and the count will continue, the time keeps running. [Click here](#) to view a video of this task.

SCORING:

1 point for every full rotation around the body.

EQUIPMENT

Rugby ball, stop watch



Pass the ball around the body as many times as possible

INCLUSIVE

You can use a round ball or a larger ball for all activities.

Consider the colour of the tags if some children can see some colours better than others.

Make the distances shorter to ensure all children can take part.

RISK ASSESSMENT:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.

SPIRIT OF THE GAMES VALUES

HONESTY

When you count your scores



DETERMINATION

To always do your best



SCORE SHEET

PUPIL NAME	TASK 1	TASK 2	TASK 3	TASK 4	TOTAL

DATA COLLECTION

Total number of Boys taking part.	Total number of Girls taking part	Number of pupils where this is their first competition	Number of ethnic minority pupils	Number of SEND pupils	Number of Young Team Managers helping out	Number of teachers involved

