



ELEMENTARY SCHOOL

DAY TWO PLAN



SCHEDULE

	Day 1	Day 2
Value	Respect	Teamwork
Warm Up	Mirrored Lines	Walking Sharks & Minnows
Skills	<ul style="list-style-type: none"> • Ball Familiarization • Catch • Pass 	Go Forward
Games	<ul style="list-style-type: none"> • Circle Passing • Sharks & Minnows 	<ul style="list-style-type: none"> • Cold and Hot Potato • Rugby Freeze Tag

PREPARATION

- Review and refer to this lesson plan to keep class fluid and to ensure you explain all key points and a brief history of the sport.
- Have at least one rugby ball per five students for the class (size 3 or 4 rugby balls are recommended for this age group).
- Set up the pitch(s) to the appropriate dimension for the class size.

VALUE OF THE DAY: DAY 2 - TEAMWORK

Teamwork means working together with others to achieve a common goal. It involves sharing ideas, helping each other, and cooperating to get tasks done. We are all working together on the pitch to achieve the same goals of growing as rugby players and having fun!

RULES SUMMARY : 1 MINUTE

- Flag belt needs to be hip height with 2 flags, one velcroed to each hip
- A try is worth 5 points
- To score a try, you must press the ball into the ground, like you are squashing a bug!

For extended Flag Rugby rules, please see [Page 2 of the Imagine Rugby Handbook](#).

WARM UPS : 5 MINUTES

Walking Sharks and Minnows - Have students play Sharks and Minnows at a walking pace while they incorporate their daily stretches into their walk. They can also do 5 jumping jacks before they begin their walk across or when they get to the other side.



ELEMENTARY SCHOOL

TWO DAY PLAN



INTRODUCE THE SKILLS: 10 MINUTES

Go Forward – Students should be focused on always moving forwards towards their try zone in an attempt to score.

[Go Forward Skill Card](#)

GAMES: 25 MINUTES

Cold and Hot Potato - Playing this game allows students to work on all of their passing to further develop this skill.

[Cold and Hot Potato Game Card](#)

Rugby Freeze Tag - This game is great to utilize a large space and get the kids running around. Rotate taggers around so that every student gets a chance to participate. Emphasize communication amongst players as well as teamwork.

[Rugby Freeze Tag Game Card](#)

Feel free to utilize games from previous days, especially if the class really likes them!

CLASS CLOSE

Allow time at the end of class to hand out marketing materials (stickers, player cards) and try to integrate in some of the below rugby questions.

- What is the birthplace of Rugby? Rugby, England
- How was rugby invented? Rugby was invented when a boy playing soccer picked up the ball and began to run with it. A player from the other team decided to tackle him.
- What American sport originated from Rugby? American Football!
- What is the name of the USA National Team? The Eagles