



ELEMENTARY SCHOOL

THREE DAY PLAN



SCHEDULE

	Day 1	Day 2	Day 3
Value	Respect	Teamwork	Inclusion
Warm Up	Mirrored Lines	Walking Sharks & Minnows	Relay Races
Skills	<ul style="list-style-type: none"> • Ball Familiarization • Catch • Pass 	Go Forward	Depth Passing Lines
Games	<ul style="list-style-type: none"> • Circle Passing • Sharks & Minnows 	<ul style="list-style-type: none"> • Cold and Hot Potato • Rugby Freeze Tag 	<ul style="list-style-type: none"> • Flag Fury • 2 v 1

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 3 - INCLUSION

Inclusion means making sure that everyone is accepted and valued for their unique qualities and strengths that they bring to the group. We want to create a welcoming and supportive environment where everyone feels like they belong and can participate fully.

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

Relay Races - Rugby Relays are a great way to gain familiarity with rugby terms and also become comfortable holding the ball. Lead students in four or five quick relay races. During the relay races educate them on important aspects of the game such as how to hold a ball, what a try is, and how to pass and catch a rugby ball.

[Relay Races Game Card](#)



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INTRODUCE THE SKILLS: 10 MINUTES

Ball Familiarization – The rugby ball is fatter than a football and more pointy than a soccer ball. Everyone gets a chance to carry, pass and catch the ball and score in rugby. Ball Familiarization can be accomplished in many ways, such as relay races (holding the ball in one hand, holding the ball in two hands, moving the ball around your body, figure 8 through your legs, picking and placing).

[Ball Familiarization Skill Card](#)

[Carry the Ball Skill Card](#)

Catch – Everyone hold your hands up in front of your chest with your thumbs together and fingers spread wide, forming a “W”. This means you are ready to catch the ball. We only want to pass to players with the W’s up, to reach to catch the ball.

[Receiving the Pass Skill Card](#)

Pass – In rugby we pass across our bodies. This pass is an underhand pass similar to scooping or shoveling. (demonstrate) From there, have the kids stand in a line arms distance away, or sit in a circle, and hand the ball down the line in a race.

[Basic Pass Skill Card](#)

Depth Passing Lines - Once your players begin to get the hang of passing, you can use this drill to help them practice their passing lines. By over-exaggerating their depth, this will help as they start to pass in an active match.

[Depth Running Game Card](#)

GAMES: 25 MINUTES

Flag Fury - This game is great for teaching proper flag pulling technique to your students.

[Flag Fury Game Card](#)

2 v 1 - This activity is the first step to begin playing real flag rugby. Kids can apply all skills to a mini game-like situation where the offence can effectively execute an overload on the defense.

[2v1 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