



ELEMENTARY SCHOOL

FOUR DAY PLAN



SCHEDULE

	Day 1	Day 2	Day 3	Day 4
Value	Respect	Teamwork	Inclusion	Sportsmanship
Warm Up	Mirrored Lines	Walking Sharks & Minnows	Relay Races	Circle Passing
Skills	<ul style="list-style-type: none">• Ball Familiarization• Catch• Pass	Go Forward	Depth Passing Lines	Defensive Shape
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	Stars & Stripes

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 4 - SPORTSMANSHIP

To be a good sportsman, we want to make sure we are always playing fairly, showing respect to our teammates and opponents alike, and having a positive attitude, win or lose. We must be gracious in victory and handle defeat with dignity. In essence, sportsmanship is about displaying good character and values both on and off the field.

Refer to other class plans for additional values.

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](#).



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WARM UPS: 5 MINUTES

Circle Passing - Students can get their passes warmed up and then progress into playing a version of Duck, Duck, Goose with the rugby ball.

Circle Passing Game Card

INTRODUCE THE SKILLS: 10 MINUTES

Defensive Shape - Players can begin to learn how to be in a position that will set them up for success as they start to more effectively play defense.

Defensive Shape Skill Card

GAMES: 25 MINUTES

Stars and Stripes - This game helps improve player reaction time when switching from offense to defense.

Stars and Stripes Games 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