



# ELEMENTARY SCHOOL

## DAY FIVE PLAN



### SCHEDULE

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Value</b>	Respect	Teamwork	Inclusion	Sportsmanship	Leadership
<b>Warm Up</b>	Mirrored Lines	Walking Sharks & Minnows	Relay Races	Circle Passing	Circle Passing
<b>Skills</b>	<ul style="list-style-type: none"> <li>Ball Familiarization</li> <li>Catch</li> <li>Pass</li> </ul>	Go Forward	Add Depth Passing Lines	Defensive Shape	Defense w/ Flags
<b>Games</b>	<ul style="list-style-type: none"> <li>Circle Passing</li> <li>Sharks &amp; Minnows</li> </ul>	<ul style="list-style-type: none"> <li>Cold and Hot Potato</li> <li>Rugby Freeze Tag</li> </ul>	<ul style="list-style-type: none"> <li>Flag Fury</li> <li>2 v 1</li> </ul>	Stars & Stripes	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 - LEADERSHIP

Leaders work to set a positive example for others to follow. A leader is someone who encourages and supports their peers, listens to their ideas, and helps their teammates work together towards a common goal. Leaders are good role models who inspire others with their actions and words.

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 ball to incorporate a game into their warm-ups.

[Circle Passing Game Card](#)

### INTRODUCE THE SKILLS: 10 MINUTES

Defense with Flags - Players can begin to learn how to effectively pull flags and make smart decisions while on defense.

[Defense with Flags 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