



ELEMENTARY SCHOOL

DAY ONE PLAN



SCHEDULE

	Day 1
Value	Respect
Warm Up	Mirrored Lines
Skills	<ul style="list-style-type: none">• Ball Familiarization• Catch• Pass
Games	<ul style="list-style-type: none">• Circle Passing• Sharks & Minnows

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 - RESPECT

To show respect towards others, we must treat others the way you would like to be treated, listening to their ideas and feelings, and being kind and polite. Respect involves understanding that everyone is unique and deserves to be valued and accepted for who they are. In rugby we practice this every day with our coaches and teammates.

Remind players at the beginning, end, and throughout the practice of how they can show respect to their teammates. Maintain this value as a focus for the session.

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](#).



ELEMENTARY SCHOOL

DAY ONE PLAN



WARM UPS : 5 MINUTES

Mirrored Lines - Set up two lines of players and have them face one another. Players will copy the reaction of the opposing side by shifting in various directions to mimic their movements. This game is great for practicing reaction time.

Mirrored Lines Game Card

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

GAMES: 25 MINUTES

Circle Passing - Emphasizing proper passing form, creating competitions and variations that get the kids moving and having fun. Speed passing and consecutive passes without a drop are always fun and competitive.

Circle Passing Game Card

Sharks & Minnows - This game is great for teaching teamwork and defense. Executing this game at least two times will keep the kids engaged and active.

Sharks and Minnows Game Card

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



ELEMENTARY SCHOOL

DAY ONE PLAN



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



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



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](#)



ELEMENTARY SCHOOL

THREE DAY PLAN



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



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](#).



ELEMENTARY SCHOOL

FOUR DAY PLAN



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



ELEMENTARY SCHOOL

DAY FIVE PLAN



SCHEDULE

	Day 1	Day 2	Day 3	Day 4	Day 5
Value	Respect	Teamwork	Inclusion	Sportsmanship	Leadership
Warm Up	Mirrored Lines	Walking Sharks & Minnows	Relay Races	Circle Passing	Circle Passing
Skills	<ul style="list-style-type: none"> Ball Familiarization Catch Pass 	Go Forward	Add Depth Passing Lines	Defensive Shape	Defense w/ Flags
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	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](#).



ELEMENTARY SCHOOL

DAY FIVE PLAN



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