



MIDDLE SCHOOL

DAY TWO PLAN



SCHEDULE

	Day 1	Day 2
Values	Inclusion	Leadership
Warm Up	Great Escape	Sharks and Minnows
Skills	<ul style="list-style-type: none">• Ball Familiarization• Pass• Catch	<ul style="list-style-type: none">• Evasion• Flag Pulling
Games	Flag Fury	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 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: 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](#).

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.



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INTRODUCE THE SKILLS: 15 MINUTES

Evasion – To make progress up the field towards the try zone, we must evade players that are defending us. We must continue to find holes in the defense and continue to move forward through them via evasion.

[Evasion Skill Card](#)

Flag Pulling – On defense, players must be able to pull flags of the attacking team to slow their progression up the field. Make sure athletes reach for the hip and grab the flag and call out “FLAG” to make it known so the attacker stops to pass the ball.

[Flag Pulling Skill Card](#)

FLAG RUGBY PROGRESSION: 15 MINUTES

2v1 – To apply all skills to a mini game-like situation between 2 attacking players and one defensive player where the offence can effectively execute an overload on the defense.

[2v1 Game Card](#)

GAMES: 10 MINUTES

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](#)

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.

- When did rugby become an Olympic sport? 1900, Rugby 15s was played a total of 4 times in the Olympics until it was brought back to be played as 7s.
- When did Rugby 7s become an Olympic sport? At the Rio Olympics in 2016 rugby was brought back to the Olympics.