



MIDDLE SCHOOL

DAY THREE PLAN



SCHEDULE

	Day 1	Day 2	Day 3
Values	Inclusion	Leadership	Sportsmanship
Warm Up	Great Escape	Walking Sharks and Minnows	Relay Races
Skills	<ul style="list-style-type: none"> • Ball Familiarization • Pass • Catch 	<ul style="list-style-type: none"> • Evasion • Flag Pulling 	<ul style="list-style-type: none"> • Attacking Shape • Advanced Passing
Games	Flag Fury	Rugby Freeze Tag	Playing Flag Rugby

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: 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 flag, 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

Attacking Shape - The goal of this skill is to have players work as a team to penetrate the defense and score by being in position to move the ball forward.

[Attacking Shape Skill Card](#)

Advanced Passing - We want to have players widen their offensive skill set to more effectively move the ball to space and increase continuity on the field.

[Advanced Passing Skill Card](#)

FLAG RUGBY PROGRESSION: 10 MINUTES

3v2 - To apply all skills to a mini game-like situation between 3 attacking players and 2 defensive players where the offence can effectively execute an overload on the defense.

[3v2 Game Card](#)

GAMES: 20 MINUTES

Playing Flag Rugby - This game is great for teaching teamwork and defense. Executing this game at least two times will keep the kids engaged and active.

[Flag Rugby 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.

- What American sport originated from Rugby? American Football!
- What is the name of the USA National Team? The Eagles