



**6 WEEK TOUCH RUGBY LESSON PLAN OVERVIEW:
PRIMARY SCHOOLS**

KEY STAGES 1 & 2

CONTENTS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Curriculum Fundamental Movement Skill	Running	Agility	Catching	Throwing	Balancing	Jumping
Interpersonal Skills	Competitiveness	Communication	Teamwork	Decision-Making	Problem-Solving	Mentoring
Super 6 Skill	Scoring a Try	Evasive running	Catching a Touch Rugby ball	Passing a Touch Rugby ball	Performing a Rollball	Making a Touch
Skills Break Out Sessions: Small Grids	Try Time	1 v 1 Stepping	Semi-Circle Passing	Passing Grid	Rollball Relay	Piggies in the Middle
Skills Break Out Sessions: Large Grids	Bulldog	Jailbreak	5 Catches	Keep Ball	Chickens and Farmers	Stuck in the Mud
Game Progressions	Start with basic game structure and focus on scoring a Try	Focus on calling "TOUCH" when the ball carrier is caught/touched	Stop "on the mark" when the ball carrier is caught/touched	Teams must pass <u>twice</u> before they can score	Tap the ball on the ground before passing (after being caught/touched)	Super 6's Rules (6 touches = turnover of possession)
Optional Game Progressions	Must pass the ball within 3 seconds (teacher counts)	All passes must be under head height (of the tallest player)	X number of dropped balls = change in possession	Reverse the Try Line that the Attacking Team are scoring towards	Throw in a different ball which is now "live" and remove other ball	Run off the pitch and perform 5 star jumps each time you make a touch

CONT...

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KEY STAGES 1 & 2 CONT...

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WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

Optional Game Progressions cont...

Useful progression if the ball carrier is slow to pass the ball and keeps getting marked up by Defenders

Useful progression if the ball keeps getting dropped due to the use of high or long passes

Useful progression if the ball keeps getting dropped or there is wrestling for the ball on the ground

Useful progression to keep engagement high and get children thinking quickly and communicating

Useful progression if you want to give possession of the ball to a child who is not involved in play or change the focus of attack

Useful progression to remove the number of Defenders in a game for a short amount of time to give an attacking advantage

Super Powers
(options to help engage all children)

Pick a player who can run and the first touch on them does not count

Pick a player who can run for 10 metres without having to stop even if they are touched

Pick a player who can win back possession for their team by making a touch

Pick a player who can play for either team when they are in attack

Pick a player who has the power to freeze 1 other player on the other team for 10 seconds

Pick a player who can pause the game once and to allow the Defending Team to move to new positions

Coaches Corner

How could your team have scored more tries today?

Why do Defenders have to shout "touch" when they catch an Attacker?

What are the key elements of a successful catch?

What are the key elements of a successful pass?

How did you decide who to pass to after tapping the ball on the ground?

Watch a team mate play for 5 minutes and give them positive feedback about their game

Referee Rules

Scoring a Try

Hard Touch

On the Mark

Ball to Ground

Touch & Pass

Children to practice refereeing Super 6's games

Super Empowerment
(reinforce at the end of the lesson)

I can run

I can dodge

I can catch

I can throw

I can balance

I can jump