



6 WEEK TOUCH RUGBY LESSON PLAN OVERVIEW: PRIMARY SCHOOLS

KEY STAGE 2: YEARS 5 & 6

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	Circle Passing	Passing Gauntlet	Rollball Gauntlet (Passive Defenders)	Rollball Gauntlet (Active Defenders)
Skills Break Out Sessions: Large Grids	Bulldog	Jailbreak	10 Catches	Keep Ball	Chickens & Farmers	Piggies in the Middle
Game Progressions	Start with basic game structure and focus on Try scoring and passing twice before scoring	Focus on calling "TOUCH" when the ball carrier is caught/touched	Stop "on the mark" when the ball carrier is touched and tap the ball on the ground before passing off (Super 6's Rules)	1. All passes must go backwards (should limit attacking space) 2. Progress to Defenders must retreat 7m after each touch (to increase attacking space)	1. Change tap to a Rollball 2. Half must pass the ball from the ground to another Attacker and play continues	School Festival Touch Rugby Rules • 6 Touches = Turnover • Infringements count as a Touch
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 back to your own Try Line each time you make a touch before you can get back in the game

CONT...



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KEY STAGE 2: YEARS 5 & 6 CONT...

CONTENTS

Optional Game Progressions cont...

Super Powers
(options to help
engage all children)

Coaches Corner

Referee Rules

Super Empowerment
(reinforce)

WEEK 1

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

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

How could your team
have scored more Tries
today

Scoring a Try

I can run

WEEK 2

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

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

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

Hard Touch

I can dodge

WEEK 3

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

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

What are the key
elements of a successful
catch?

On the Mark

I can catch

WEEK 4

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

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

What are the key
elements of a
successful pass?

Forward Pass

I can throw

WEEK 5

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

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

Why is it an advantage if
an Attacker runs forward,
initiates a touch and
performs a Rollball?

Touch and Pass

I can balance

WEEK 6

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

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

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

Children to practice
refereeing

I can jump