





Separate lesson tabs allow teachers to move easily from one lesson to the next.

SPORT IN SCHOOLS: RUGBY



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- Lesson Two
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Topic: Physical Education/Rugby

Year Level: 6-7

NOTE: All Lessons include a brief lesson plan that can be used for a physical education lesson. Some lessons might need to be adapted for younger students.

Rugby has become a popular sport in Australian culture and is now developing into schools through Touch Rugby.

This website is a guide for teachers to introduce rugby into their schools. Included in the guide are four, separate hour lesson plans, demonstration videos and proper techniques to teach.

Please note that these lesson plans displayed are for school levels of year 6/7. Although the lessons can be adapted for younger students.

Click here for Department of Education Syllabus



A Brief background of rugby, and how it has been introduced into Australian schooling.



An introduction outlining what to expect in this website including: lesson plans, demonstration video's and detailed explanations on the correct techniques required to complete each task.



Lesson One: Ball Control-Passing

This text contains a full set of instructions on correct passing techniques. It explains the different variations of passing a rugby ball, and the parts of the body we'll be focussing on.



1. Hold the rugby ball with two hands. Your arms should be facing forward at chest level and your elbows should be slightly bent. Your fingers should be spread across the seam of the ball.

2. Begin by passing the ball to someone who is right next to you.

3. Swing your arms in a vertical arc while keeping your elbows close to your body. Look at the person who you are passing the ball to.

4. Release the ball by flicking your wrists and fingers. Your fingers should be pointing at the target and your arms should remain chest-high.

5. Move a couple of feet from the person you are passing the ball to and practice passing. For a longer pass, you will use your shoulders, hips and legs as well as your arms when you turn and pass.

Rugby Passing Technique



<http://www.youtube.com/watch?v=xkhAvoakxGY>

Read more: [How to Pass in Rugby |](#)

eHow.com http://www.ehow.com/how_2210504_pass-rugby.html#ixzz1li7CqHUB



Lesson 1 Throwing.pdf
Size : 70,813 Kb
Type : pdf



In this video Matt Sherman (US rugby) demonstrates the correct technique of passing a rugby ball from one player to another.

Included here, a link to a website containing more information on passing techniques. This page includes a detailed lesson plan outlining each learning objective, equipment needed etc..

Lesson one: Focus on throwing with catching

Learning Objectives:	Vocabulary:	Content:	Equipment:	Assessment:
Acquiring & Developing Skills: To be able to catch a ball consistently To be able to pass the ball accurately and with speed.	Pass Catch Dodge Tag Keep possession	Lesson 1: Warm-up Games such as dodge or leederball are good as they are relevant to rugby Demonstrate how to throw a ball: <ul style="list-style-type: none"> Stand sideways on Hands on side of ball, fingers spread out Swing arms back and forth like a pendulum Release towards receiver 	Rugby balls Pump Cones	Can the student throw the ball correctly? Can the student move their feet to be ready to catch the ball?
Selecting & Applying skills, tactics & compositional Ideas: To be able to attack as Individuals, 2's and 3's To be able to dodge a defender when running towards the goal	Keep control Make and use space Support Points, goals	Practice throwing the ball to partner. Highlight good throwing from students who have mastered throw. Stand in a circle. Choose a student to run round the circle at the same time as throwing the ball around. See whether ball can beat runner.		Can the student recognise how different activities during the lesson build up speed or strength?
Knowledge and Understanding of fitness and Health: To recognise which activities help their speed, strength and stamina To recognise when speed, strength and stamina are important in games	Rules Tactics	Choose 3 good players to demonstrate running up the ground passing the ball (up and down the line) Each group to walk it through first, and then jog. - What are some of you doing to ensure that the ball is always caught? (Accurate throw, moving towards ball..)		Can the children give ideas for improving their own or others performance?
Evaluating and Improving performance: To be able to identify the main aspects of a good performance and suggest how a performance could be improved		Cool-down.		

The lesson plan is available to the teacher, so that he or she is able to run an effective lesson focussing on throwing and catching a rugby ball.

The outline of this plan has been categorised into subheadings, these include: Learning Objectives, Vocabulary, Content, Equipment and Assessment.

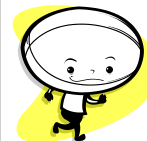
After the duration of this lesson, students are expected to be able to throw a rugby ball accurately to a target using the correct technique.

Vocabulary section of the lesson plan has been designed to inform the teacher of the appropriate language to be used in affiliation with rugby, such as: possession, tactics, control etc..

Content is the lesson itself, this includes the warm up, body of the lesson and the cool down.

Equipment needed to teach the lesson effectively.

What to look for when assessing the students competency of each of the learning objectives.



Lesson Two: Ball Control-Catching

The second lesson focuses on ball control and catching the rugby ball. The students will follow specific guidelines to learn the most effective way of catching a ball, these include: **Balance, positioning and the technique of receiving the ball.**



1. Get some active gear on and make sure you are comfortable. Start by doing some regular leg, arm and back stretches to loosen up your body and get you ready to catch a rugby ball after a kick off.

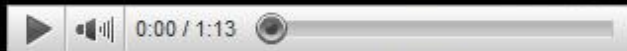
2. Practice catching the ball after a kick by catching the ball in a downwards motion. You will want to catch the ball closer to your thigh so you will be able to move quickly with it across the field.

3. Turn your body slightly to the side when catching a rugby ball and facing the opposing team. This will protect your face and stomach against instant attacks and use mostly the hard parts of your body.

4. Work on catching the ball in the downwards motion and pulling it towards your hip. You will lose possession of the rugby ball if you catch it and bring it in front of your body. It has to be kept back near your hip.

5. Keep the ball at your hip and then start running with the ball while keeping the ball back. The only time you can place the rugby ball in front of you is when you are about to kick the rugby ball.

How to Play Rugby: Advanced : How t.



<http://www.youtube.com/watch?v=GpZTmRagVG4>

Read more: How to Catch a Ball in Rugby | eHow.com http://www.ehow.com/how_2210337_catch-ball-rugby.html#ixzz1liCLFZpE



Lesson 2 Catching.pdf
Size : 70,842 Kb
Type : pdf



Website link, for additional information.

Session two (Catching) lesson plan.



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Lesson Three: Kicking

Lesson three is all about kicking the rugby ball. Students will learn to shift their body weight from one side to the other allowing maximum power in their kicking style.



1. Grab the ball so that one point is pointed over the shoulder of your dominant foot. This way, the ball bounces toward you when you drop it

2. Stand with your weight on your dominant foot. As you drop the ball, take a step forward and place your weight on your non-dominant foot. This frees your dominant foot to make the kick.

3. Drop the ball so it falls down without moving sideways from where you were holding it. This will cause it to bounce directly back toward you, allowing you to kick it with more force.

4. Kick the ball as it comes back off of the ground using the top of your foot. Use your toes to propel the ball forward.

How to Play Rugby: Advanced : Adva..



<http://www.youtube.com/watch?v=BJmg05IgLx8>

Read more: How to Do a Drop Kick in Rugby |

eHow.com http://www.ehow.com/how_2212193_do-drop-kick-rugby.html#ixzz1iJlt8km



Lesson 3 Punting.pdf
Size : 131.413 Kb
Type : pdf

Website link.



Lesson plan
(Punting).



Living and Learning with Technology: Assignment 2A

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Students will be filming one another performing the techniques they have learnt in previous lessons. They will then evaluate themselves as a group and look at areas they worked well in and possible improvements they need to make.



Lesson Four- Using The Technology

In this lesson the students will be put into groups of three. They will then take turn performing the skill to a partner as the other student tapes. This will change so everyone is recorded. Students will then revisit the videos and self evaluate their performance giving them extra knowledge on how to improve their skills.

Next lesson the students will take what they have learnt, into playing the game. This is where they will be assessed on the skills gained.



(popperipopp, 2005)



[Lesson 4 Using Technology.pdf](#)

Size : 269.23 Kb

Type : pdf

Students will use the information they have learnt in this lesson and apply it to lesson five (The game – basic rules).



Lesson Five: Playing The Game-Basic Rules

An outline of the students prior learning.



After the last week, students should now have a proper knowledge of how the game is played. Students also should have identified the way they play through the self evaluations from lesson four. Now the students play a game and get marked on how they perform the skills previously learnt.

Duration of the lesson.



Duration: 80 minutes, in two 40 minute halves.

Number of students that will be participating in this lesson.



Players: 15 players. (To see player positions click here)

A description of what this lesson involves, including the objective of the lesson, how points will be allocated and the restrictions involved in this game.



How to play: The object of the game is to get the most amount of points as possible. Points can be obtained by tries: 5 points (getting the ball across oppositions try line), conversions: 2 points (after getting a try, kicking the ball through the goal posts), penalty: 3 points (opportunity to kicking through the goals after a foul from the opposition) and drop goal: 3 points (kicking through the goals whilst in play.

Players can not go out of bounds or a "line-out" will be issued. Players can only pass backwards to players. Players can travel by carrying ball or drop kicking.

(To see a more in depth rule layout click here)



<http://www.youtube.com/watch?v=hWw88Gcdid4>



Website link for additional information about the rules of a traditional rugby game.

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