

Lesson 1 : Invasion Games

Rugby

Physical Development - Applying Learning

Alistair



Activity Card



Invasion Games: Rugby

Practise your passing skills and remember to face your body towards the target, swing your arms and release the ball.

Warm up and practise a range of rugby movements and skills.

Develop skills of catching and passing, becoming more confident.

Remember the key catching points of being ready, watching the ball and keeping your hands up.



Enjoy games such as 'tag rugby' and passing at targets.

Watch our masterclass session to learn new skills and find out how you can find opportunities to play rugby in your community.



Complete a rugby scrum by crouching, crawling and pushing forward to win the ball.

Practise stretching and jumping to catch the rugby ball.

