

# 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.**

