

Physical Development - Applying Learning

Lesson 2 : Invasion Games

Rugby

Alistair



For this lesson you will need:

- Rugby ball
- Beach ball
- Chair
- Plant pots
- Balloon
- Ribbon



Let's get ready

- Find a quiet, clear space to work away from distractions.
- Ensure the area is safe and that your child is feeling fit and well to take part in the lesson.
- Check you are wearing the right clothes for sport & physical activity.
- Make sure your resources are nearby.
- Use a familiar reference to prepare the learner that the activity is going to start. This could be a symbol, sound or song.



Warm up...

stretch

jog

jump

Stretch, walk, jog and jump to get our muscles ready to play rugby (warm up can last between 2 & 5 minutes)



Sequences of movement...

fast dodge tag rugby

Practice moving at different speeds and in different directions (around obstacles e.g. plant pots. Use some ribbon to act as a tag. Complete a tackle by grabbing the ribbon (take turns to attack and defend).



Skills...

catch

pass

target

Practice our skills of passing and catching. Begin to pass more accurately (aiming at targets) and perform skills whilst moving (walk, jog, run)



Make it easier

- *Explore rugby through sensory activities e.g. explore balls in trays of soil / water.
- *Use larger balls / balloons to practise skills of passing and catching.
- *Focus on fewer skills / movements and progress at a pace appropriate to the learner.

Make it harder

- *Look at our masterclass and explore 'top tips' from International Mixed Ability players / coaches.
- *Search for local opportunities to play / watch rugby (IMART / IMAS / RFU).
- *Refine skills e.g. passing – learn the rule of passing backwards (key point of move forwards and pass backwards).

More ideas

- *Support your learner to search for and watch rugby-specific content online.
- *Design your own rugby kit.



STEP Principle

***All of our activities can be adapted using the step principle
(Space, Task, Equipment, People)***

e.g. Balloon with beads in to support visually impaired learners / Bigger, brighter resources / Adapt space & activities to suit wheelchair users e.g. adjust the height and distance of targets.



Share your work with Oak National

If you'd like to, please ask your parent or carer to share your work on **Instagram, Facebook or Twitter** tagging **@OakNational** and **#LearnwithOak**

