

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**

