

## **Virtual Primary Tag Rugby**

## Run/Pass/Try:

- For this activity each year group will have a different amount of time to perform their Tag Rugby Drill.
- There will be 3 separate competitions covering all age groups with the points being added together to give an overall school score.
- Year 1&2 (30 Seconds)
- Year 3&4 (45 Seconds)
- Year 5&6 (60 Seconds)

## **Scoring & Levels**

Please chose <u>ONE</u> of the activities below to perform to your allocated time allowed. Each level from Easy to Challenging becomes slightly harder and therefore more points are scored for performing them correctly.

- Easy 1 Point: <u>Running with a Ball</u> Run while holding a rugby ball with 2 hands to a marked distance of 4 meters and return to your starting point e.g. shuttle run. 1 point will be awarded everyone you pass a cone with a ball in your hands.
- Medium 2 Points: <u>Rugby Passing in Pairs</u> Find a partner, stand side on and perform a rugby style pass to them. Your Partner should be at least 3 meters away. 2 points are scored everyone your partner catches your pass
- **Hard 3 Points**: <u>Zig Zag Try</u> Mark out an 8-meter zig zag shuttle run, the players will need to run it and out of the cones to reach the other side with the ball. Everyone time they pass through a gate they will score a try and receive 3 points.



• Challenging - 4 Points: <u>Receiving on the Move</u> – Follow the steps of Stage 2, by keeping 3 meters apart from your partner. Run with the ball and pass it to your partner while you are both moving. 4 points are scored evetime they catch the ball on the move. Top Tip: Mark out channels for this activity, if you have a limited space player can go and a down a smaller area.

