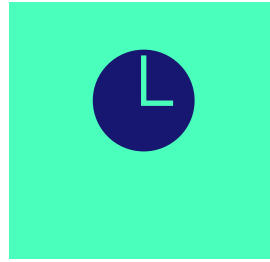


RU **UGBY** **AU**

UNDER 10s to 12s - WEEK 4



**FOCUS
AREA**



WHAT TO DO



COACHING TIPS

VARIATIONS

QUESTIONS FOR UNDERSTANDING

FOCUS SKILLS

KICK TO KICK

IN PAIRS, STUDENTS TAKE IT IN TURNS TO KICK A RUGBY BALL, TRYING TO MAKE IT LAND IN THEIR PARTNER'S MARKED AREA



5 MINS

SKILLS FOCUS

BALL HANDLING
KICKING

EQUIPMENT AND SET UP

- 1 Rugby ball per pair
- 4 marker cones per pair

AUSTRALIAN CURRICULUM LINKS

LEARNING AREA:

Health and Physical Education

STRAND:

Movement and physical activity

SUB-STRAND:

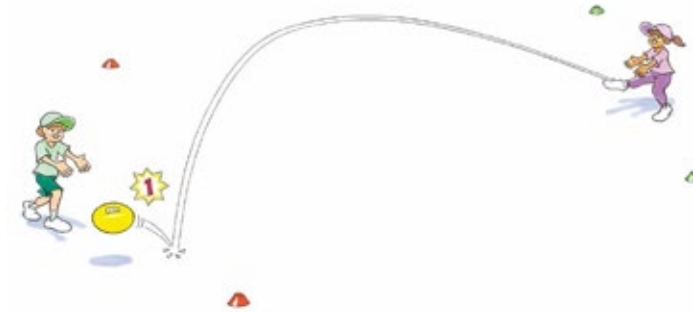
Moving our body, Learning through movement

FOCUS AREAS:

Active play and minor games,
Fundamental movement skills

WHAT TO DO

1. Organise class into pairs of similar ability.
2. Each student collects two marker cones each i.e. four per pair.
3. Pairs then decide how far away they will stand from each other and set up their two marker cones each which become their 'kicking zones'.
4. Pairs challenge each other to kick the Rugby ball to land right in the middle of their kicking zone.
5. Students score one point each time they kick the ball to land in their partner's kicking zone.
6. The student with the highest score when 'Time!' is called wins.



TEACHING TIPS

- Remind players to watch the ball drop towards their foot as they kick it, and to use the top of their foot and not their toe to kick

VARIATIONS

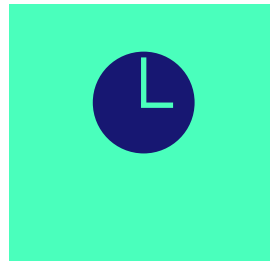
- Pairs try a place kick.
- Award a bonus point to students who catch the ball on the full.
- Introduce one or two students in the middle who attempt to intercept the ball.

QUESTIONS FOR UNDERSTANDING

- What part of your foot is used when kicking the ball?
- If you kick the ball up the field, what things would help you decide where to aim the ball?

FAIR PLAY OPPORTUNITIES

- Acknowledge those students who demonstrate cooperation and positive talk with their partners during the activity.
- Encourage clapping, high-fives, and complimentary comments when partners kick the ball to the kicking zone



**FOCUS
AREA**



WHAT TO DO

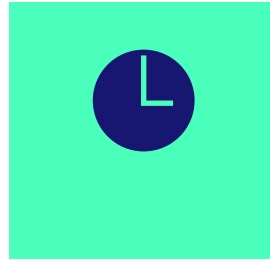


COACHING TIPS

VARIATIONS

QUESTIONS FOR UNDERSTANDING

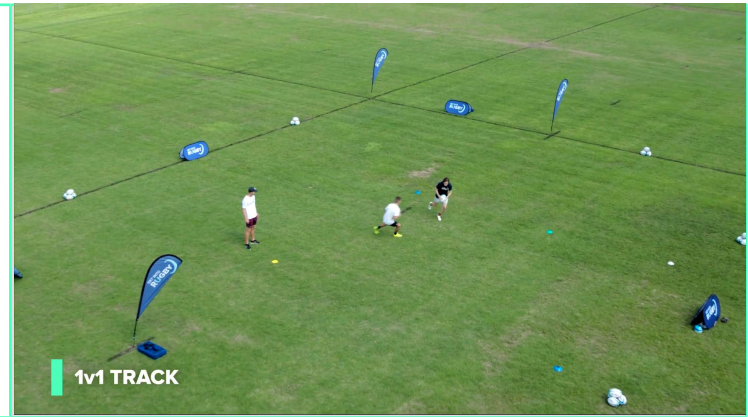
FOCUS SKILLS



**FOCUS
AREA**



WHAT TO DO

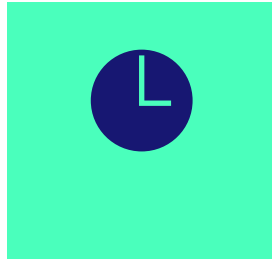


COACHING TIPS

VARIATIONS

QUESTIONS FOR UNDERSTANDING

FOCUS SKILLS



**FOCUS
AREA**



WHAT TO DO

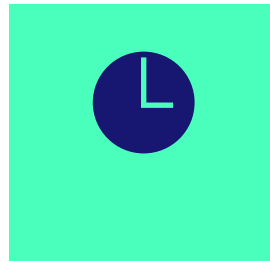


COACHING TIPS

VARIATIONS

QUESTIONS FOR UNDERSTANDING

FOCUS SKILLS



**FOCUS
AREA**



WHAT TO DO



TEACHING TIPS

VARIATIONS

QUESTIONS FOR UNDERSTANDING

COACHING POINTS