

# NOTTS SCHOOL & GAMES

## #stayinworkout

## #stayhomestayactive

RESOURCE PRODUCED  
IN PARTNERSHIP BETWEEN



For additional challenges and ideas on how to keep physically active visit the Active Notts [website](#) or your School Games Organiser page.

The School Games Organiser network and Active Notts are working together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care.

The weekly activities will be sport themed and include golf, football, orienteering, athletics, cricket, gymnastics, boccia, netball and racket sports. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This weekly resource will give simple ideas on how to be physically active with a different sport theme for 30 minutes each day. For ideas on how to achieve the remaining 30 minutes please visit the Active Notts [website](#), or contact your local School Games Organiser by clicking on their logo within this resource.

This pack contains a schedule of suggested activity challenges for the week and daily activity cards. You do not have to do them in the suggested order or in fact do them all, if you really enjoy one day there is nothing stopping you doing that activity every day! However, if you do the personal challenge, we would encourage you to have a go at it each day and aim for improvement.

There will be a virtual competition each Friday, details of how to enter are shown on the schedule page and on the Friday activity card. The competition will be run at district and county level. There will be prizes for schools with the highest percentage of entries based on pupils on roll, certificates for all entrants and a prize draw after the last week for those who have entered 100% of the virtual competitions. Where permission has been granted, we may showcase entries, on the Active Notts website, in our newsletter, on the Active Notts Facebook, @Active Notts Twitter account and with local media outlets. Please make sure that all activities are carried out in a safe manner.

We are very interested to receive your feedback so we can continue to do what works well but also make amendments to future weeks to ensure the resource is relevant and useful. Please send any feedback to [nottsschoolgames@activenotts.org.uk](mailto:nottsschoolgames@activenotts.org.uk)

Active Notts and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

# INTRODUCTION TO

# RUGBY

## THE HISTORY OF THE GAME

Rugby is said to have originated in 1823 at Rugby School in Warwickshire, when during a game of football, William Webb Ellis decided to pick up a ball and run with it. In 1863 a collection of schools and clubs agreed a set of rules and in 1871 the Rugby Football Union (the RFU) was formed.

There are now different codes of rugby played by males and females – union, league, touch, tag and wheelchair rugby. Touch, tag and wheelchair rugby are also played as mixed gender sports.

Rugby League was established in 1895, when a group of clubs in Northern England broke away to form a competition. Similar splits happened in Australia and New Zealand. Rugby League is now a different sport, with fewer players and different rules.

Touch (or Touch Rugby or Touch Football) is a variation of Rugby League with a 'touch' replacing the 'tackle'. It is much less physical than league or union. It was first played in Australia in the 1960s and became a recognised sport in 1968. It came to England in the 90s with the England Touch Association being formed in 1995. Touch is played on a smaller pitch with far fewer players to both union and league.

## FIND OUT MORE

The Rugby Football Union: <https://www.englandrugby.com/home/>

The Rugby Football League: <https://www.rugby-league.com>

The England Touch Association: <http://www.englandtouch.org.uk/play/how-to-play/>

Try Tag Rugby <https://trytagrugby.com/london/play/rules/>

Great Britain Wheelchair Rugby <https://gbwr.org.uk>



30mins

### Rugby Union



### Touch (Rugby)



### Wheelchair Rugby



WRITE DOWN WHAT YOU KNOW  
ALREADY ABOUT EACH TYPE OF RUGBY



## HOW MANY PLAYERS?

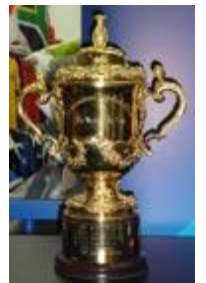
Can you find out how many players are on the pitch for each team in the different codes of rugby?

RUGBY UNION \_\_\_\_\_ RUGBY LEAGUE \_\_\_\_\_

TOUCH RUGBY \_\_\_\_\_ TAG RUGBY \_\_\_\_\_

## TEST YOUR KNOWLEDGE

Who is the Rugby Union World Cup Trophy named after?



# SPORT THEME

## RUGBY

## SECONDARY

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

### MONDAY MOVERS

! Physical literacy/skills

**Activity overview**  
INTO THE BUCKET  
SPIDERMAN HANDS

#### Equipment needed

Bucket, bin, old plant pot, or chair  
Rugby ball, oval ball, football, or similar  
A friend or household member  
(for Spiderman Hands)

#### School Games value focus

Determination and Teamwork

### TUESDAY CHALLENGE

! Personal challenge

**Activity overview**  
AGILITY GRID  
STEP CHANGE

#### Equipment needed

Cones, or other objects, e.g.:  
rolled-up socks  
Rugby or other ball – ideally oval  
shaped, but round if not  
Stopwatch  
Pen and paper

#### School Games value focus

Determination

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### WEDNESDAY WORKOUT

! Problem solving

**Activity overview**  
TOUCH RUGBY:  
ROLL BALL AND SCOOP  
'EMOJI' QUIZ

#### Equipment needed

Cones, or objects, e.g.: rolled-up  
socks, or tin foil  
A rugby ball, or other ball, or round  
or oval shaped item

#### School Games value focus

Self Belief

#stayinworkout

### THURSDAY THINKING

! Links to numeracy/literacy

**Activity overview**  
RUGBY FITNESS

#### Equipment needed

A chair or bench; line on the floor  
Stopwatch, or other timing device  
Pen and paper to record scores

#### School Games value focus

Honesty



### FRIDAY FUN

! Virtual competition

**Activity overview**  
CREATE YOUR OWN SESSION

Once complete send your entry to  
<http://www.activenotts.org.uk/forms/view/sqvc> before 9:00am on Friday  
24<sup>th</sup> July 2020 .... Earn points for  
your school and download your  
certificate.

#### Equipment needed

Cones, a ball, chair, bench, rolled-  
up socks, pen and paper to write  
down your session

#### School Games value focus

Respect

RESOURCE PRODUCED  
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For additional challenges and ideas on how to keep physically active visit the Active Notts [website](#) or your School Games Organiser page.

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## MONDAY MOVERS

! Physical literacy/skills

### ACTIVITY

- Find an area with enough space to be able to pass a ball.
- Place a bin, old plant pot, bucket, or chair at one end of the garden to use as your **BUCKET**
- Standing about five metres away from the bucket hold the ball using two hands to the side of your body on your hip.
- Try passing the ball keeping both hands on it from your hip to land in the bucket. Run to the bucket to collect your ball.
- Now try passing with you other hand from the other hip.
- Try to complete ten passes off each hand/hip
- Now try turning the other way and try passing the ball behind you into the bucket (a reverse pass). Try this ten times also.

### EQUIPMENT NEEDED

- A household item for your BUCKET – a bucket, bin, or chair
- A rugby ball, or other ball, or round or oval shaped item



15mins



**How can you demonstrate Determination throughout this challenge?**

Try not to give up. Keep trying until you can get all the objects into the bin

### ! TOP TIPS

When passing hold your hands either side of the ball, with your inside hand (the one closest to your body) slightly further forward in the ball.

## INTO THE BUCKET

### MAKE IT EASIER...

Keep trying with your stronger hand first. Stand a bit closer to the bucket

### MORE OF A CHALLENGE

Try with your weaker hand more, or stand further away from the bucket

### MAKE IT INCLUSIVE

See how many passes you can complete from a seated position

### LEAD OTHERS

Ask a household member to have a go and explain to them how to pass

## MONDAY MOVERS

! Physical literacy/skills

### ACTIVITY

- You will need another member of your household or friend
- Find an area with enough space to be able to pass the ball and position yourselves about five metres apart.
- Passing from the hip, using two hands on the ball, Player 1 passes the ball to Player 2 to aim between their shoulder and hip.
- Player 2 has their hands out ready in a "W" shape like 'Spiderman Hands' to receive the ball. If the pass is successful, Player 2 takes a step backwards (further away) before passing back to Player 1. If the pass is dropped Player 2 moves a step towards Player 1 before passing back.
- Keep passing the ball between you and see how far you can go!
- Try turning the other way to complete a reverse pass

### EQUIPMENT NEEDED

- A rugby ball, or other ball, or round or oval shaped item



15mins



**How can you demonstrate Teamwork throughout this challenge?**

Encourage your teammate and help each other to complete as many passes as you can

### ! TOP TIPS

When passing hold your hands either side of the ball, with your inside hand (the one closest to your body) slightly further forward in the ball.

## SPIDERMAN HANDS

### MAKE IT EASIER...

Keep trying with your stronger hand first. Stand a bit closer to each other

### MORE OF A CHALLENGE

Try with your weaker hand more, or stand further away.

### MAKE IT INCLUSIVE

See how many passes you can complete from a seated position

### LEAD OTHERS

Ask a friend who hasn't played rugby to have a go and explain to them how to pass

**Why not try this now?** Here's a passing demo from the BBC: [news.bbc.co.uk/sport1/hi/rugby\\_union/skills/4198382.stm](https://www.bbc.com/news/sport-1/hi/rugby_union/skills/4198382.stm)



## TUESDAY CHALLENGE

# AGILITY GRID

### ! Personal Challenge

### ACTIVITY

- Set up a grid using eight cones, approximately two to three metres apart (as shown)
- Place yourself in the middle of the grid (on the X) holding a rugby ball in two hands
- See how quickly you can move around the grid **TWICE**, by touching each cone in turn with the ball in two hands. Each time you touch a cone, make sure you make your way back to the X before touching another cone.
- Check your time and have another go to try and beat it.

### EQUIPMENT NEEDED

- Cones, or objects, e.g.: rolled-up socks, or tin foil
- A rugby ball, or other ball, or round or oval shaped item



15mins

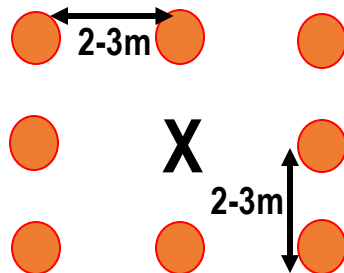


### How can you demonstrate Determination throughout this challenge?

See whether you can beat your score each time

### TOP TIPS

Work out the quickest way to get around the grid using a combination of forward, backward and sideways movement



### MAKE IT EASIER...

Put the cones closer together

### MORE OF A CHALLENGE

Make the cones a different colour and touch them in a different order.

### MAKE IT INCLUSIVE

Ask someone to help direct you around the grid, or put the ball on your lap and move to the cones

### LEAD OTHERS

Get a household member to have a go – show them how to move quickly

## TUESDAY CHALLENGE

### ! Personal Challenge

### ACTIVITY

- Set up a rectangle using eight cones
- Holding a ball in two hands, make your way from cone one to cone eight touching all the cones with the ball
- When moving across the rectangle try to move sideways rather than forwards.
- When you get to cone eight, make your way back to cone one, but this time in reverse, e.g.: move backwards instead of forwards!
- Check your time and have another go to try and beat it.

### EQUIPMENT NEEDED

- Cones, or objects, e.g.: rolled-up socks, or tin foil
- A rugby ball, or other ball, or round or oval shaped item



15mins

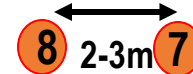


### How can you demonstrate Determination throughout this challenge?

See whether you can do it again but in a quicker time

### TOP TIPS

Work out the quickest way to get around the grid using a combination of forward, backward and sideways movement



### MAKE IT EASIER...

Put the cones closer together

### MORE OF A CHALLENGE

Make the cones further apart

### MAKE IT INCLUSIVE

Try this with a partner and give them instructions, or ask them to touch the cones for you. Use an object, e.g.: rolling pin, or umbrella, to touch the cones

### LEAD OTHERS

Get a household member to have a go – show them how to move quickly

**Why not try this now?** Check out this range of Agility drills from Rugby IQ: [www.rugbyiq.com/videos/field-detail/agility/](http://www.rugbyiq.com/videos/field-detail/agility/)

## WEDNESDAY WORKOUT

# ROLL BALL & SCOOP



UP TO  
30mins

### ! Problem solving

## ACTIVITY

- In Touch (or Touchrugby) instead of a tackle a player makes a 'Touch' on another player. At that point the player with the ball places it on the floor and steps over it – this is called the **ROLL BALL**.
- A team gets six touches before the ball goes to the opposition. Often on the fifth touch, the attacking team will play the ball quickly by picking it up and running as fast as they can towards the try line – this is called the **SCOOP**.
- We're going to learn how to do these two skills today.
- Place three cones approximately five metres apart as shown.
- Holding the rugby ball in two hands stand at cone A and run towards cone B. When you get close to cone B place the ball on the ground between your legs and step over it, continuing to run to cone C (this is a **ROLL BALL**).
- At cone C turn around and run back to cone B picking up (or scooping) the ball into two hands, continuing to run to cone A (this is the **SCOOP**).
- Do the exercise for at least 15 minutes, trying to get better each time.
- Check out the video [here](#)

## EQUIPMENT NEEDED

- Cones, or objects, e.g.: rolled-up socks, or tin foil
- A rugby ball, or other ball, or round or oval shaped item



**How can you demonstrate Self Belief throughout this challenge?**

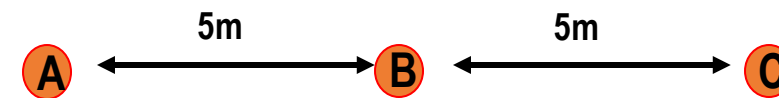
This is a new skill which can be difficult to learn, but believe in yourself

## ! TOP TIPS

Focus on trying to get the ball as still as possible when placed for the ROLL BALL.  
Try to SCOOP the ball using one hand if you can, then transferring to two hands

**Why not try this now?** Check out this footage from England Touch in their Gold Medal winning match at the Junior Touch Championships in Paris in 2019:

<https://www.youtube.com/watch?v=jmiqiphc5Ws>



## MAKE IT EASIER...

Make the cones closer together and go slowly to begin with.  
Slow down when you get to cone B each time

## MORE OF A CHALLENGE

When placing the ball for the ROLL BALL try to do it with one hand, using your weaker hand each time. Use your weaker hand when SCOOPING the ball as well.

## MAKE IT INCLUSIVE

Use a smaller ball to help you grip it easier  
Try picking up a rolling ball and putting it on your lap to travel

## LEAD OTHERS

See if you can get a household member to have a go. Can you teach them how to do a ROLL BALL and a SCOOP?

## WEDNESDAY WORKOUT

## TOUCH EMOJI QUIZ



15mins

! Problemsolving

### ! TOP TIPS

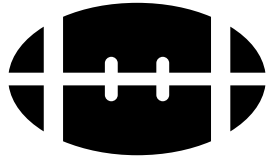
Use these resources to help you complete the Touch emoji quiz below:

Touch rules: [www.englandtouch.org.uk/develop/coaching/the-rules/](http://www.englandtouch.org.uk/develop/coaching/the-rules/)

Referee signals: [www.englandtouch.org.uk/develop/referees/resources/](http://www.englandtouch.org.uk/develop/referees/resources/)

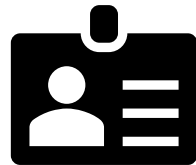


1.



2.

4 WARD



3.

0.5



4.



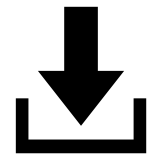
5.



6.



7.



8.



9.



AL



## THURSDAY THINKING

! Links to numeracy/literacy

# RUGBY FITNESS



30mins

## ACTIVITY

- Find a space where you can safely move around freely
- Using the sheet shown right (and larger on the next page) complete your circuit by spelling out RUGBY FITNESS
- Try to do each exercise for 40 seconds, with 20 seconds rest in between
- Write down how many of each exercise you could do in the 40 seconds
- At the end of the first session, take a two minute rest before having another go
- See if you can do more of each exercise the second time around
- Check out the video links on the next page if you need any help with the exercises

## EQUIPMENT NEEDED

- A chair or bench; line on the floor
- Stopwatch, or other timing device
- Pen and paper to record scores



**How can you demonstrate Honesty throughout this challenge?**

Keep count, but no cheating

## ! TOP TIPS

Rugby League and Rugby Union are physical games, whereas Touch Rugby and Tag are based more on agility, balance and speed. Whilst doing your Thursday session try to work out which activities are best suited to which version of rugby.

**Why not try this now?** Bath Rugby has this A to Z fitness Challenge as part of their Junior Programme: [www.bathrugby.com/community/kids-zone/a-z-fitness-challenge/](http://www.bathrugby.com/community/kids-zone/a-z-fitness-challenge/)

R	U	G	B	Y		
PRESS UPS (ON YOUR KNEES IF YOU WOULD PREFER)	SIT UPS (MAINTAIN A SLOW MOTION THROUGHOUT)	SQUATS (TRY TO GET LOW AND CONTROL THE MOTION)	SPEEDBOUNCE (JUMP SIDE TO SIDE OVER A LINE OR SMALL OBSTACLE)	STAR JUMPS (ALSO CALLED JUMPING JACKS)		
F	I	T	N	E	S	S
STEP UPS (USING A BENCH OR CHAIR)	HIGH KNEES (TRY TO STAY ON OR CLOSE TO A SPOT)	LUNGES (ALTERNATE EACH LEG)	SIDE STEPS	TUCK JUMPS (BOUNCE IN BETWEEN JUMPS)	PLANK HOLD (KEEP YOUR BACK STRAIGHT)	REVERSE DIPS (USE A BENCH OR CHAIR)

## MAKE IT EASIER...

Reduce the number of exercises, or time spent on each, e.g.: 30 seconds on and 30 seconds resting  
Complete one set of exercises instead

## MORE OF A CHALLENGE

Try completing the set three times  
Instead of 40 seconds on and 20 seconds off, do each exercise for 45 seconds with just a 15 second break in between

## MAKE IT INCLUSIVE

Choose some of the exercises and do them twice, or create your own

## LEAD OTHERS

Ask a household member to have a go with you. Either both have a go together or you can show them what to do!



R	U	G	B	Y		
<u>PRESS UPS</u>	<u>SIT UPS</u>	<u>SQUATS</u>	<u>SPEEDBOUNCE</u>	<u>STAR JUMPS</u>		
(ON YOUR KNEES IF YOU WOULD PREFER)	(MAINTAIN A SLOW MOTION THROUGHOUT)	(TRY TO GET LOW AND CONTROL THE MOTION)	(JUMP SIDE TO SIDE OVER A LINE OR SMALL OBSTACLE)	(ALSO CALLED JUMPING JACKS)		
F	I	T	N	E	S	S
<u>STEP UPS</u>	<u>HIGH KNEES</u>	<u>LUNGES</u>	<u>SIDE STEPS</u>	<u>TUCK JUMPS</u>	<u>PLANK HOLD</u>	<u>REVERSE DIPS</u>
(USING A BENCH OR CHAIR)	(TRY TO STAY ON OR CLOSE TO A SPOT)	(ALTERNATE EACH LEG)		(BOUNCE IN BETWEEN JUMPS)	(KEEP YOUR BACK STRAIGHT)	(USE A BENCH OR CHAIR)

## FRIDAY FUN

# CREATE YOUR SESSION



30mins

! Virtual competition

## ACTIVITY

- Using the activities you have tried this week, create your own rugby session for Union, league, Touch, or Tag.
- Try to focus on a combination of activities with a ball and without, with some fitness and some rugby specific skills
- Write down your session and try to use drawings or images to explain some of your drills and activities.
- If you want to video a session, get a household member to have a go or ask them to video you! Please try and keep the size of the video to less than 15 megabytes (MB)
- Once complete send your entry to <http://www.activenotts.org.uk/forms/view/sgvc> before 9:00am on Friday 24<sup>th</sup> July 2020 .... Earn points for your school and download your certificate.

## EQUIPMENT NEEDED

- Whatever you think you might need for your session. Have a look at the other day's activities for some ideas.
- How about cones, a ball, chair, bench, rolled-up socks?
- Pen and paper to write down your session



**How can you demonstrate Respect throughout this challenge?**

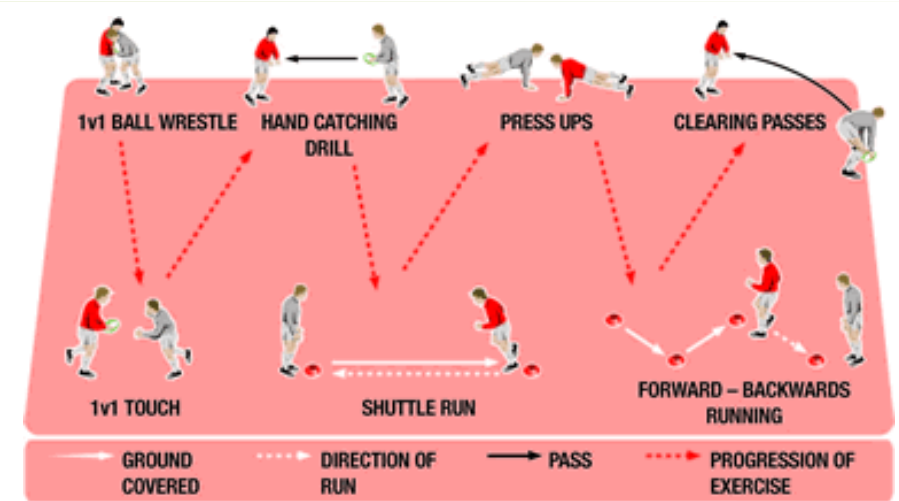
Think about others when designing your session. It needs to be inclusive and enjoyable!

## ! TOP TIPS

Think about how you would be able to 'coach' or explain this session to others, some of whom might not have played any rugby before

## Why not try this now?

For some different ideas have a look at Rugby Coach [www.rugbycoachweekly.net/age-related/](http://www.rugbycoachweekly.net/age-related/)



## MAKE IT EASIER...

Just focus on a few things and build those into the session more than once. This way those you are coaching would be able to develop a few skills more easily.

## MORE OF A CHALLENGE

Pick some of the more difficult skills and drills you have been practicing this week, or create something new by doing some research of what other clubs and teams might do.

## MAKE IT INCLUSIVE

When creating your own session think about what activities everyone else in your class or your school would find enjoyable and be able to have a go

## LEAD OTHERS

Test your session on a household member or two. Ask someone else to record it whilst you explain to them how to do the activities.

# WEDNESDAY WORKOUT

## TOUCH EMOJI QUIZ



15mins

! Problemsolving

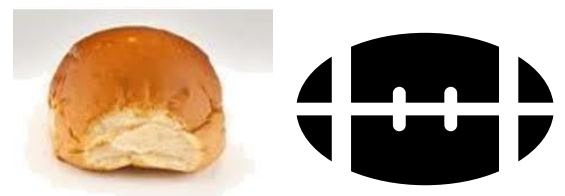
### ! TOP TIPS

Using these resources try and complete the Touch Rugby emojis:  
Abbreviated rules: [www.englandtouch.org.uk/develop/coaching/the-rules/](http://www.englandtouch.org.uk/develop/coaching/the-rules/)  
Referee signals: [www.englandtouch.org.uk/develop/referees/resources/](http://www.englandtouch.org.uk/develop/referees/resources/)

## THE ANSWERS



1.



ROLL BALL

2.



FORWARD PASS

3.



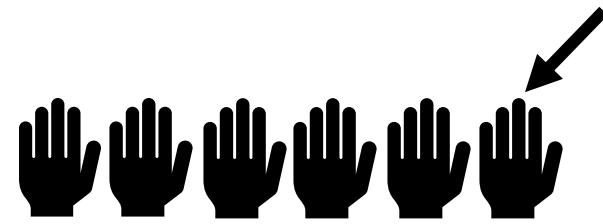
HALF TIME

4.



TAP OFF

5.



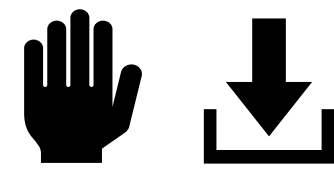
SIXTH TOUCH

6.



SCOOP

7.



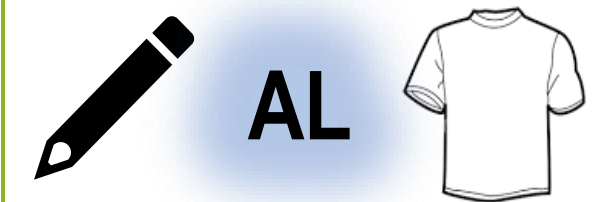
TOUCH DOWN

8.



OFF SIDE

9.



AL

PENALTY