

VIRTUAL RUGBY COMPETITION

11 JANUARY – 11 FEBRUARY 2021

ACTIVITY



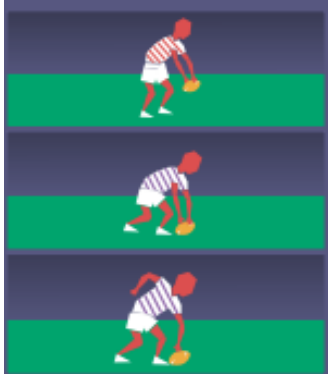
FIGURE OF 8

LOCOMOTION

- Pupil starts with the ball in 2 hands outstretched in front of their body. Pass the ball around their body, then completes a figure of 8 around their legs. Repeat the sequence as many times as possible in 30 seconds.

SCORING | 1 point for every successful completed sequence.

ACTIVITY



SCORE A TRY

SKILL DEVELOPMENT

- Pupil starts at cone 1, collects ball from cone 2 (2m ahead) with 2 hands. Runs with the ball (carries) to cone 3 (5m ahead) and puts the ball down as if they were scoring a try with 2 hands (2 points) or 1 hand (3 points). Run around cone 4 and repeat the activity in the opposite direction i.e. collect from cone 3, score a try at cone 2 and run around cone 1.

SCORING | Each pupil has 50 seconds to score as many points as they can.

ACTIVITY



PICK UP PUT DOWN CHALLENGE

STABILITY

- 3x3m square with a different coloured cone in each corner. Pupil starts in the middle and has to move to the cones as called by colour.

SCORING | 1 point for each cone you touch in 30 seconds.

Every school that enters will be put into a prize draw to win a signed rugby shirt!

Add up your scores from each of the challenges and divide by the number of children that took part.

Please email your scores to kieram@strideactive.org by 3 pm on Thursday 11th February 2021