

Name/Title: TRY-Mania Rugby Lead Up Activity

Purpose of Event: The main purpose of the activity is to teach students that in rugby, one must touch the ball to the ground to score a TRY. Secondary purposes are to work on cardiovascular fitness at various developmental levels, work on dodging skills, work on basic addition and predicting skills, and work cooperatively as a team.

Prerequisites: Students should be aware of what the sport Rugby is. Students should know how to dodge and should be able to safely navigate with other classmates. Students should know basic addition and predicting skills. Students should know best practices for working on a team (listening, taking turns, and sharing ideas, conflict resolution).

Suggested Grade Level: 6-8

Materials Needed: 15 Hula Hoops, 15 Cones, 5 Equipment bins, rugby balls and other balls to supplement the equipment bins, [one score sheet](#) for each team (score sheet could be laminated or in a sheet protector with a dry erase marker so you do not need a lot of paper), [Set up diagram](#)

Description of Idea

See [attached diagram](#) for suggested set-up. The distance of the hula hoops will depend on the ability of your students. This activity works best on a large, outdoor field.

Each equipment tub should be filled with balls (rugby balls are ideal, but any ball will do). Determine the point value for each hula hoop (ex. 1,3,5) and label all of the cones.

Begin by quickly activating prior knowledge of rugby. Remind students that to score a try, students need to touch the ball to the ground when they enter the try zone.

This is a timed activity. Tell students that they will have 2 minutes to score as many points they can as a team.

To score a point, students must pick up a ball, run to a hoop, and PLACE the ball in a hoop (like scoring a try). Any ball not in a hoop will not be counted toward the team score.

All students may begin with a ball in their hand, but stagger the start so that your whole class doesn't run at once. I suggest students getting in a starting order. You, as the instructor, can use the signal "GO" when you want the first student to run, and keep shouting "GO" for each subsequent line leader until all students are running.

Students will decide which hoop they want to place their ball in. They will continue running to a hoop, scoring a try, and returning to the equipment bin for a new ball until 2 minutes is up.

At the end of 2 minutes, signal students to stop. Balls should not be thrown. Any ball in a student's hands will simply be returned to the ball bin.

Students will return to center. The teacher should now hand out score sheets (see attachment). Teams will work together to add up their scores and gather the balls back into their tubs.

Teams should now discuss how they can improve their scores in round two. Setting a team goal could motivate the team to accomplish their goals.

Variations:

This activity does include one modification, which is distance to hula hoops. Hoops can be further modified if needed.

Ball size can be modified. Providing students with various sizes of rugby balls or balls of varying textures will be beneficial.

Consider modifying the locomotor movements. Having students gallop, skip, or walk could help everyone move at similar speeds and feel more comfortable participating.

Assessment Ideas:

On the back of the team's score sheet, have students answer the following questions:

What must you do to score a try in a rugby game?

Name two things you did to avoid running into your teammates in this activity.

Name three things your team did to facilitate good team work.

Check team responses before dismissing them.

Submitted by **Tess Armstrong** in Albuquerque, NM. Thanks for contributing to PE Central! **Posted on PEC: 11/12/2015.**

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