

Angmering Cluster School Sport



G&T PHYSICAL EDUCATION

RUGBY WORLD CUP DAY



The aim of this day is to develop the games skills of your most talented students in upper key stage 2, lower key stage 2 and key Stage 1.

Schools should bring 6 boys and 6 girls to participate in a range of activities and matches that will be based around rugby handling, passing and running skills.

Teams will be awarded points for skill level displayed, co-operation, cohesion & inclusion of all members, sportsmanship & fair play and determination.

Selected pupils do not have to be experienced rugby players, but should be those who have shown good application, effort and ability to develop a variety of PE (Games) skills in a variety of different activities.

Whilst there is a competitive element to part of the day, it is not the only component.

Teams will be coached by Angmering World Cup Ambassadors and matches will be refereed by these students also.

Each age group will be given a time slot throughout the day.

Each school should have a member of staff to supervise their pupils and should also bring a first aid kit. There will be first aiders on site at Angmering.

Activities will take place outside and players should bring suitable kit (including warm clothing if necessary), drinks and a snack. Schools should arrange their own travel arrangements. Schools should meet in the Angmering sports hall on arrival.

Timetable:

KS1: 9.30 – 11.00 AM

LKS2: 11.30 AM – 1.00 PM (Students can stay and picnic at Angmering following this session if desired)

UKS2: 1.30 – 3.00 PM



Year 1 and 2 World Cup Rugby Multi-Skills

Each team should bring 1 team of 6KS1 boys and 6KS1

Each Team should have a supervising member of staff for each team. Schools should bring their own first aid kit.

Each team will have a sports leader from Angmering present to help with organisation and scoring of the event. Each school will participate in every event on a carousel basis. The duration of each event will be centrally timed.

The ethos of the event is of participation, although teams will have the chance to score against the other schools.

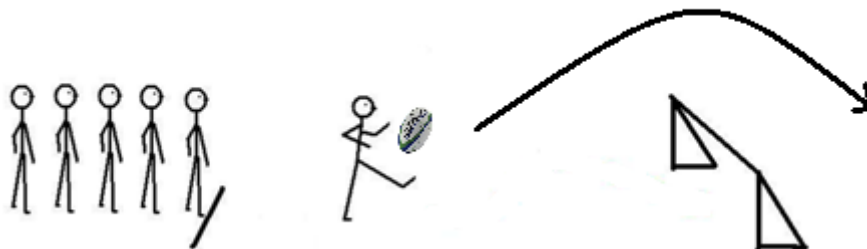
1. Rugby Kicking from hands.

Teams line up behind the “waiting” line.

The first player holds the ball in two hands and punts it over the bar of the goal to score a point.

The kicker then retrieves the ball and returns it to the next waiting kicker.

1 point is scored for each goal.



2. Rugby Target Passing

Teams line up behind the “waiting” line.

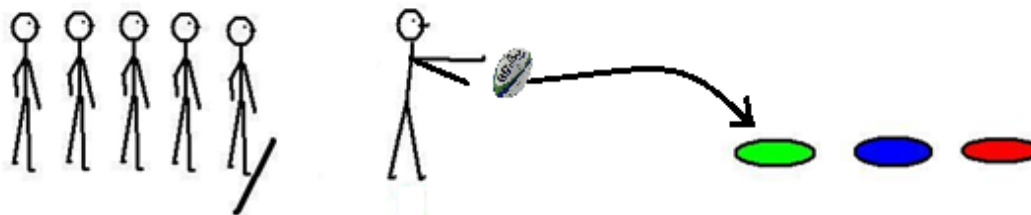
Each team has three rugby balls.

The thrower should try to throw / pass each ball into a hoop using 2 hands and a swinging motion..

Throws must be underarm and 2-handed . They must have one foot on the throwing spot.

After throwing all balls they should be retrieved before the next player has their go.

1 point is scored for each beanbag that lands in the correct hoop.



3. Rugby Obstacle Relay.



Teams sit on the “waiting mat”. The first player stands to the side of the mat and sets off across the hall. Whilst holding a rugby ball in 2 hands he runner must:

- Go over the hurdles.
- Hit the turn board and run all the way to the other side of the hall and go round the cone at the end.
- Run through the agility ladder placing 1 foot in each hole.
- Jump 2-footed on and off the spot six times.
- Run In and out of the posts
- Run and place the ball (score a try) at the feet of the next player who is waiting to the side of the mat.

1 point is awarded for each try scored.



4. Rugby passing.

Teams line up behind the “waiting line”

The passer stands on the spot and passes the ball underarm with a swinging motion , attempting to get the ball through the hoop..

After passing they should collect the ball and return it to the spot.

Once the ball is on the spot the next player can go.

2 points are scored for each pass.



5. Rugby side step run

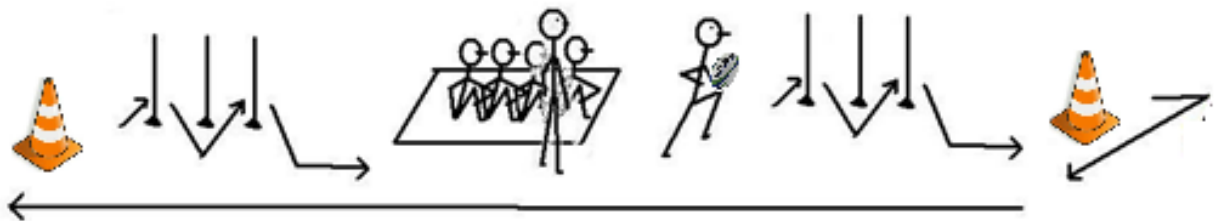
Teams sit on the “waiting mat”. The first runner stands to the side of the mat and sets off across the hall.

The player must run and weave in-between each of the tackle bags and go around the cone at the end.

They must then Straight down to the other side of the hall (missing out the poles) and round the cone at the other end.

They should then weave between the remaining tackle bags before scoring a try by placing the ball on the floor at the feet on the next waiting player.

1 point is awarded for each completed try.



6. Rugby Catching

Teams line up behind the “waiting line”.

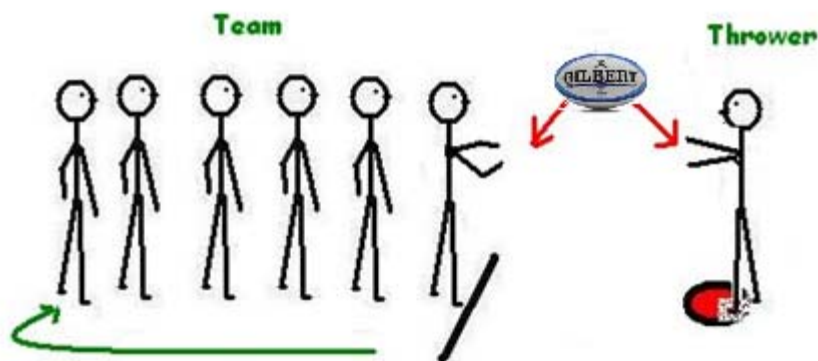
The catcher steps up to the spot.

The ball is fed to the catcher, who catches it and throws it back to the feeder.

The catcher then runs to the back of the line, and the next player moves to the spot.

The team gets 1 point for every successful catch made by the team.

The final team score is divided by 10.



7. Speed Bounce & catch Relay

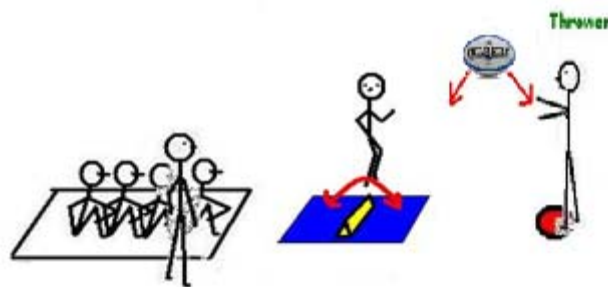
Teams sit down alongside the speed bounce mat.

The Player is required to do 6 x 2 feet to 2 feet jumps over the yellow wedge. After each jump they must catch the ball thrown by the leader / coach and return it with 2 hands before completing the next jump. If the ball is dropped they must retrieve and return to the speed bounce mat before passing back to the leader / coach.

After completing the 6 jumps the next player takes over.

Continue until time is up.

1 point scored for every 6 correct jumps



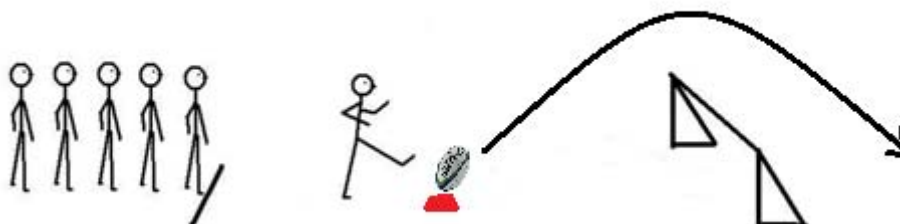
8. Rugby Conversions.

Teams line up behind the “waiting” line.


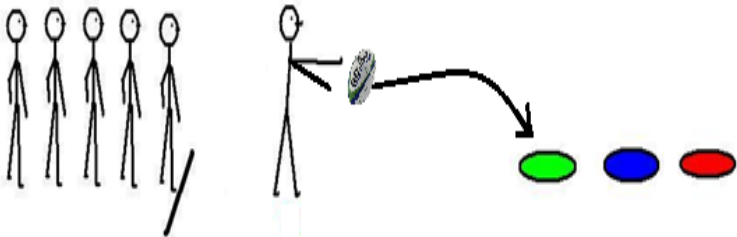
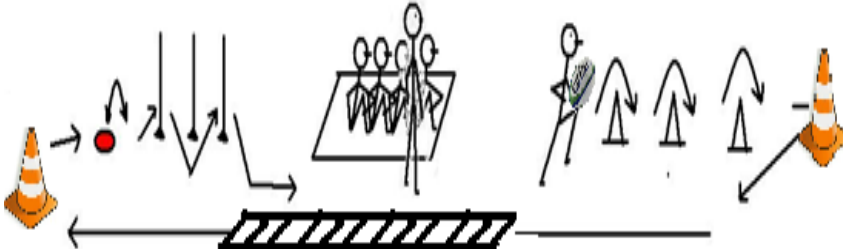

The first player places the ball in on the cone punts it over the bar of the goal to score a point.. Contact should be made with the bottom of the ball to gain elevation.

The kicker then retrieves the ball and returns it to the next waiting kicker.

1 point is scored for each conversion.



School: _____

Event	Score		
	Score Tally		
<p>1 <u>1. Rugby Kicking from hands.</u></p> 		<p><i>Team Total</i></p>	<p><i>Running Total</i></p>
<p>2 <u>2. Rugby Target Passing</u></p> 		<p><i>Team Total</i></p>	<p><i>Running Total</i></p>
<p>3 <u>3. Rugby Obstacle Relay.</u></p> 		<p><i>Team Total</i></p>	<p><i>Running Total</i></p>
<p>4 <u>4. Rugby passing.</u></p> 		<p><i>Team Total:</i></p>	<p><i>Running Total</i></p>

Scoresheet.

School: _____

	Event	Score	
		Score Tally	Score Tally
5	<u>6. Rugby Catching</u> 		<i>Team Total</i> <i>Running Total</i>
6	<u>6. Rugby Catching</u> 		<i>Team Total</i> <i>Running Total</i>
7	<u>7. Speed Bounce & catch Relay</u> 		<i>Team Total</i> <i>Running Total</i>
8	<u>8. Rugby Conversions.</u> 		<i>Team Total</i> <i>Running Total</i>

Angmering Cluster School Sport



KS1 WORLD CUP RUGBY ENDBALL

Schools should bring a mixed squad of up to 10 players, 6 of whom will be on pitch at any time.

Matches will take place on the school field.

Schools will use the sports hall as their base (for kit, equipment, etc...)

Squads should be made up of 5 boys and 5 girls.

Rules:

- Each country will have 10 players in their squad.
- 6 players on court at any time (continuous substitutions allowed)
 - there must be at least 4 girls on court.
- Opposing teams to wear shirts / bibs in the colour of their chosen world cup team – Schools should provide their own bibs.
- A soft rugby ball will be used.
- Teams must assign a “try catcher” to stand behind the (red) end / “try” line of the pitch / on the gym mat.
- Outfield players cannot touch or cross the try line / go on mat.
- No contact is allowed. (Enforced strictly)
- Players should try not to move with the ball but will be allowed to take up to 3 steps before the pass it.
- Passes must be made 2 –handed with an underarm swinging action. Therefore, players will have to move to find space.
- Team-mates score a try if they can make a clean (does not touch the ground) pass to the try catcher who catches it whilst standing behind the try line / on gym mat. (Try Catchers are NOT allowed in front or to touch the try line / off mat, although they can move from side to side behind it).
- The try scorer then swaps with the try catcher behind the try line / on mat.
- Depending on the number of participating teams, games will last 5 minutes each (no half time).
- No running with the ball.
- No contact.
- If the ball goes out of court, it is given to opposing team.

This will be played like a round robin with:

4 points for a Win

2 for a draw and

1 for a Loss.

Clapham & Patching – New Zealand (Black shirts)

East Preston Infants – France (Blue Shirts)

Ferring – England (White Shirts)

Georgian Gardens – Ireland (Green Shirts)

St. John the Baptist – Australia (Yellow Shirts)

St. Margaret's – Italy (Blue shirts)

St. Wilfrid's – South Africa (Dark Green Shirts)

Angmering Cluster School Sport



Year 5 & 6 World Cup Tag Rugby Tournament

Basic Competition Rules

Squads of 12 pupils maximum. (6 boys & 6 girls)

8 pupils per team.

Minimum of 4 girls on pitch at any time.

Scoring: 5 POINTS FOR A WIN 3 POINTS FOR A DRAW 1 POINT FOR A LOSS

Teams will be awarded additional rugby values points for:

- **skill level displayed,**
- **co-operation, cohesion & inclusion of all members,**
- **sportsmanship & fair play**
- **determination.**

If points are tied the Winner will be decided by the team with the most rugby values points, Head to Head result, points for and then points against. If all these are level then there will be a draw.

The referee's decision will be final.

Team Requirements

A squad shall consist of up to 12 players, with **8 to play at any one time – minimum 4 girls on the pitch at one time**

Competition Format

- Teams will play in a round robin competition. The top two teams in each pool will play off in the semi finals

Rules

- The game format will be Tag Rugby – a non-contact game in which the tackle is replaced by a 'tag'.
- When playing the game of Tag Rugby all the players wear a belt, which has two ribbons (Tags), attached to it with Velcro. The belt is worn around the waist and on the outside of the clothing. **Shirts must be tucked in.** The tags are positioned on **either side of the hips** and teams are distinguished by the colour of the tags they wear.
- Only the ball carrier can be tagged. The person carrying the ball must have two hands on the ball (Penalty: free pass for constant infringement). A tag is simply the removal by a defender of one of the two ribbons (tags). Once tagged the player in possession must stop and pass the ball to a team-mate within **three seconds**. However, the game is continuous and tagged players may pass when in the act of stopping.
- After being tagged the ball must be passed after **three seconds or three strides**. (Penalty: free pass)
- The defending player who makes the tag (tackle) must hold the tag above their head and **shout 'Tag'**. The referee will confirm that the tag has been made by shouting. The tackler, along with the rest of their team, must **stand back on their own side of the ball allowing the attacker to pass**. When the pass has been made the defender must give the tag back to the tackled player before rejoining the game. The tag tackler may not rejoin the game until the tackled player has replaced the tag on their belt. (Penalty: free pass)

- Players on the wrong side of the ball at a tag tackle are offside and cannot make a deliberate attempt to intercept a pass. (Penalty: free pass).
- All players must **stay on their feet at all times**. No player may go to ground to field a loose ball or dive over line to score a try. (Penalty: free pass)
- No player can take any further part in the game without having both tags properly in place on the belt (Penalty: free pass).
- The object of the game is to score a try by placing the ball with downward pressure on or behind the opponent's 'goal line'.
- There will be no scrums, kicking (Penalty: free pass) or lineouts.
- A free pass is used to start the game or to restart after an infringement has occurred i.e. forward pass, ball out of play, dropped pass, knock on or offside. At a free pass, the opposing team must be **7 metres back**.
- Games should be of **two halves of 5 minutes**
- In a round-robin competition, **5 points will be awarded for a win, 3 points for a draw and 1 point for a loss**.
- No fend off or guarding tag (Penalty: free pass)
- No jumping through tackles or spinning through tackles (penalty: free pass).
- No free pass nearer than 7 metres to try line.
- The "turn over after 6 tackles" will apply (though not in the Partnership Finals).
- Teams should bring their own tag belts and wear bibs / shirts of their adopted 2015 Rugby World Cup Nation.

Clapham & Patching – New Zealand (Black shirts)

East Preston Juniors – Fiji (White Shirts)

Ferring – England (White Shirts)

Georgian Gardens – Ireland (Green Shirts)

St. John the Baptist – Australia (Yellow Shirts)

St. Margaret's – Italy (Blue Shirts)

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