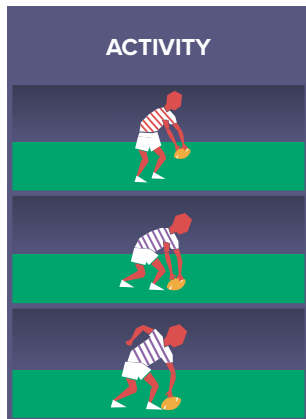




PRIMARY SCHOOL VIRTUAL RUGBY LEAGUE

SKILLS CHALLENGE LIBRARY

STAGE 1



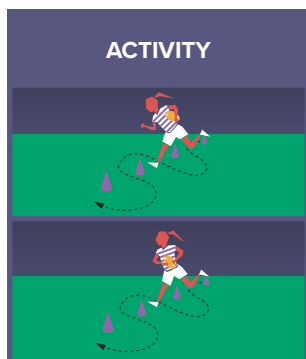
SCORE A TRY

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 (3m 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 ie collect from cone 3, score a try at cone 2 and run around cone 1.

SCORING | Each pupil has 40 seconds on the activity to score as many points as they can.

STAGE 2



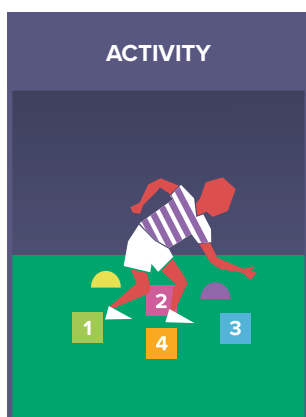
SLALOM CARRY

LOCOMOTION

- Pupil **carries** the ball in 1 hand and runs out and back through the slalom of cones. Repeat the same movement through the cones but this time carrying the ball in 2 hands.

SCORING | Record the time.

STAGE 3



COLOUR/
NUMBER
REACTION
(SEQUENCE)

LOCOMOTION

- Scatter 6 coloured or numbered cones around the pupil in a 2 x 2m area. Call out a sequence before the activity starts and the player has to lift and replace the cones in the correct sequence. Prepare 3, 5, 7 & 9 cone sequences. All pupils start with a 3 cone sequence. If the pupil is successful they can choose to attempt the next one up.

SCORING | Points awarded according to the number of correct sequences they complete.



PRIMARY SCHOOL VIRTUAL RUGBY LEAGUE

SKILLS CHALLENGE LIBRARY

STAGE 4



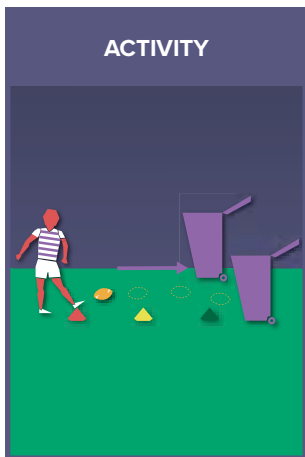
COUNTER BALANCE PICK-UP

STABILITY

- Pupils pick the ball up, pass to a target and maintain balance using only their standing foot. What is the maximum distance they can complete the pass to a receiver? After each successful attempt, the receiver takes one step back. Start at 2.5m (closer if needed for differentiation). Pupils can choose to pass to their L or R.

SCORING | Record the maximum distance achieved as the result.

STAGE 5



KICKING TO TARGET

SKILL DEVELOPMENT

- Kick the ball from a chosen distance between a target (ie a samba goal, 2 rounders posts, 2 cones). Have 3 different cones available at increasing distances from the kicking target. Pupil can choose their starting point and change mid activity as they wish. Nearest cone (3m) = 2 points, middle cone (4m) = 3 points, furthest cone (5m) = 4 points.

SCORING | Each pupil has 5 kick attempts. Record the score accordingly for each successful kick between the target.