



In Association with BIRMINGHAM CITY University

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EXPLORE

Tag Rugby is a fun, fast moving game which needs team work and determination.



The game is played with an oval shaped ball which can only be passed sideways or backwards.



Find the biggest space possible; outside would work best.

- Try running forwards, sideways and backwards. Try running forwards and stopping. Try running backwards and stopping - be careful! Can you move sideways, stop and then go to the other side?

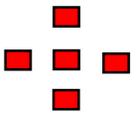
Once you feel confident moving in lots of different directions ask a family member if they will time for you.

See if you can keep moving, changing direction every 10 seconds, can you keep moving for 2 minutes without stopping?

PRACTICE



For this practice you will need 5 cones, markers or flat items. Spread them out in your space so that they look like this:



Start on the middle square and practise moving forwards and touching the square in front. Go back to the middle and practise moving to the left side, right side and backwards. Each time come back to the middle square.

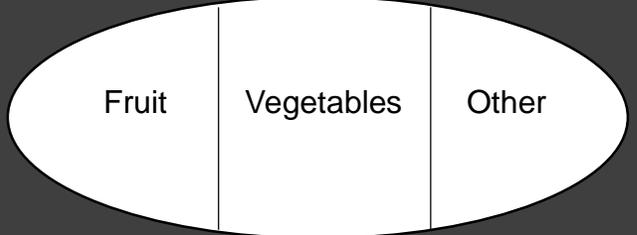
Ask your family member to shout out the directions for you and follow them as quickly as possible.

Physical Development – Health and Self Care

Rugby players understand how important it is to do lots of exercise and to have a healthy diet.

It is very important that you have a healthy diet so that you grow big and strong.

Using the plate below can you draw a picture of 3 fruits, 3 vegetables and 3 other healthy foods that you like to eat.



DEVELOP



In tag rugby one of the most important parts of the game is being able to chase and catch players on the other team.

Now that you are confident moving in lots of different directions you are going to develop your chasing skills.

Ask a family member to play with you, if you can get more than one family member your game will be even better! Before you start find some 'tags' around the house, these could be long socks, scarves or dusters. Get each family member to tuck a tag in to the back of their trousers.

You will start as the chaser trying to catch the other players. On 'go' try to catch the other players as quickly as you can by carefully pulling the tag out of their trousers. Remember to be on your toes and move in lots of directions to catch them.

Once you have caught the other players try letting one of them be the 'tagger' or catcher.

Can you make up some of your own rules? Keep score to practise counting and see who the winner is?

Mathematics – Numbers

For your mathematics challenge you are going to practise doubling.

Using the rugby balls below can you double them and see how many balls you end up with

Double 1 = 2 balls
Double 3 = 6 balls
Double 4 = 8 balls
Double 5 = 10 balls



Parent's Tip!

Encourage your child to be confident moving in all directions.

Make sure their feet move forwards, backwards and sideways rather than turning their body and ending up always moving forwards.





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You will need a safe inside or outside space for your activities.

Standing in the middle of your space, run on the spot as fast as you can for 10 seconds.

Start by running on the spot, then can you move forward in your space?

- How quickly can you move forward?
- Run forwards on the balls of your feet. Are you going faster or slower now?

Now try running side to side.

- Is this more difficult than moving forwards?

Can you lean slightly forwards as you run? Does this make you run faster?



Challenge somebody you live with to complete these running tasks with you.

PRACTICE



You will need something small and soft to use. This could be a soft toy or small cushion.

Holding your toy or cushion, can you jog on the spot for 10 seconds?

Try holding your object with two hands.
 Try holding your object with one hand. Can you hold it close to your body with one hand for 30 seconds?

Move side to side holding your object. Keep your head facing forward when you move.



Art Challenge

You will need paper and some crayons.

Explore your environment around your home inside and outside.

Place your paper on different materials that you can find, for example: stones, walls, or a carpet. Colour over your paper.



What do you notice?

Using these different textures and colours, can you create a flag of your choice for one of the United Kingdom countries?

Challenge:

Try using collage techniques to make your flag.



Make sure you have enough safe space to complete the tasks!

DEVELOP



You will need 8 small soft objects. These could be soft toys, rolled up socks or small cushions.

Place your objects in a pile to one side of you. Pick up your objects one at a time and quickly move them to a space to one side of you.

How quickly can you do this?
 How could you do this more quickly?

Put 2 of your objects on the floor a short distance apart, and choose one of your soft toys and hold it whilst you move.

How many times you can move side to side between your two objects in 60 seconds?

Challenge somebody you live with. Who can complete the most in 60 seconds?

Geography Challenge

Rugby is played in many countries around the world, including those in the United Kingdom.

The countries that make up the UK are:

England, Scotland, Wales and Northern Ireland



Can you find each country on a map of the UK?

What is the name of the capital city of each country? Can you find it on a map? Find out 3 interesting facts about each country.



Parent's Tip!

Encourage your child to:

Keep their object close to their body whilst moving.

Move lightly on the balls of their feet.

Try carefully moving backwards whilst facing forward.



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Catch Me If You Can!



Tag Rugby requires speed and agility. Imagine an opponent is chasing you. Sprint as fast as you can on the spot for 30 seconds, as if you were trying to run away from them.

Now imagine your opponent is really close to you. Can you evade them and avoid being tagged by turning quickly as you sprint? Start by running on the spot and then turn quickly and run off in a different direction.

Try this again but this time, ask someone that you live with to shout out which direction to turn.



Top Tip Run on the balls of your feet to help you to quickly change direction.

PRACTICE

You will need 6 different sized objects - this could be a t-shirt, some woolly gloves, a sock, or a cushion. Don't use things that will slip, like paper or books.

Spread them out safely in your space and create a stepping stone path across your room.



Can you move from object to object and cross your room quickly? Stay light on your feet, keep looking up and try to do this with good balance.

- How quickly can you do this?
- Change the route that you take.
- Which is fastest and why?
- Move your objects to make a new path and try again.
- Do this until you can move with good speed, balance and agility.

Art and Design Challenge

You are going to design and make some Tag Rugby 'tags' to use in your 'Develop' activity.



The 'Six Nations' is a rugby union competition that England, Wales, Scotland, Ireland, France and Italy compete in each year.

Look at the emblems for each nation as inspiration for your own 'tags' designs.

Design a set of tags to use in your challenge. Make your tags bright and colourful so that they can be easily seen.

Could you use other materials to embellish your tags?

DEVELOP

Grab and Go!



You will need a safe space inside or outside, and the tags that you made in your Art and Design Challenge.

Place the tags you have created around your space. Put some tags high and some low to really challenge you. Make sure you can reach and grab them safely! Ask someone you live with to check this for you.

How quickly can you move in your space to grab the tags? Ask someone in your family to time you. Have another go. Can you beat your time?

Now ask someone else to put the tags in different places and try again. Can you beat your original time?

Try again, but this time, if you drop a tag you have to put it back and start again from the beginning with the clock still running!

Challenge someone that you live with to have a go. Who can do it the fastest?

Music Challenge

The Haka is an ancient posture dance of the New Zealand Maori people. The haka has a chant that is performed alongside the dance.

Can you create a 'Haka' style chant? Think about words that will motivate your team. Write your chant down.

Practise your chant, and perform it with passion to try to intimidate your opponents.

Can you find some objects in your home that you could use as instruments for extra effect!



Parent's Tip!

It's not all about speed! Rugby players have to be skillful and technical.

Encourage your child to slow down to ensure they can master the techniques correctly before speeding up and completing the tasks quickly.



Make sure you have enough safe space to complete the tasks!



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Passing accurately is essential in a game of rugby to maintain possession of the ball.

Being able to spin the ball whilst passing makes it easier to catch and propels the ball towards a team mate more quickly.

For this practice you will need a ball and a space free from obstructions.

Holding the ball in two hands can you throw the ball up and:

- Spin the ball along its vertical axis?
- Spin the ball along its horizontal axis?
 - Spin the ball towards you?
 - Spin the ball away from you?

Ask a family member to help you practise your passing technique. Stand apart and sideways on to them.

- Place one hand on one side of the ball and one hand on the opposite side.
 - Hold the ball out with extended arms.
- Rotate the hands and extend the elbows and release the ball to your family member at the side of you.

Can you get the ball to spin towards your family member?

PRACTICE



For this task, you will need to create a target on a wall. You could stick a piece of paper on the wall or mark an area with chalk.

Stand away from the wall sideways on.

How many times can you spin the ball and hit the target in 30 seconds – ask a family member to retrieve the ball for you after each attempt.

Write down your personal best score from your first attempt. Take 2 steps away from the wall and see if you can achieve the same amount of passes on your second attempt.

What do you need to do to get more power behind your passes when you are further away from the target?

DEVELOP



Rugby players need to be able to move and pass at the same time. Players around them are also constantly moving so the accuracy of passing is essential.

Find a space and ask a family member to help with this practice.

Stand side by side with the ball in your hands. Move forward with your family member at your own pace. When you are ready release the ball sideways or backwards using a spin pass. Repeat the practice until you have passed and caught the ball between you ten times.

Remember to pass the ball backwards or sideways to your family member!

In a game, the scrum-half usually directs a team's play. Ben Youngs is the most capped England scrum-half with 105 caps.



Watch the video below:

https://www.youtube.com/watch?v=F92ucUamU_s

- How does he get more power into his passes?
- How does he use his shoulders and hands to generate more power behind his pass?

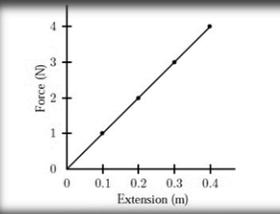
Science Challenge



Emily Scarratt was part of the England women's rugby union team who won the World Cup in 2014.

Robert Hooke was an English scientist who was the first person to see a micro-organism under a microscope.

Hooke was also responsible for *Hooke's Law*.
- What is the definition for Hooke's Law?



Look at the graph opposite showing the force/extension graph of a spring.

- Calculate the work done to extend the spring 0.1 metres.

PSHE Challenge

Nigel Owens is a Welsh referee. Rugby is renowned for the respect that players show towards the referee.



- What do you think the definition of the word respect is?
- How do you show respect to others at school?
- How do you show respect to others in your local community?

Respecting democracy is one of our British Values.

- Why is it important to respect democracy in a country?
- What might the consequences be if we don't respect democracy?



Parent's Tip!

Allow the participant to stand closer to the target when practising their spin passes. As they get more competent, move further away from the target in order to generate more power on the pass.



Make sure you have enough safe space to complete the tasks!

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V In rugby, points can be achieved by scoring a try or kicking the ball between the posts and over the crossbar.
 To score a try, players need to evade opposition players and exert downward pressure on the ball behind the try line.

Find a space and put four markers down on the floor. Ask a family member to stand next to one of the markers.
 On the shout of "go", your family member will try and tag you below shoulder height.
 Can you move away from your opponent so they can't tag you below the shoulders?

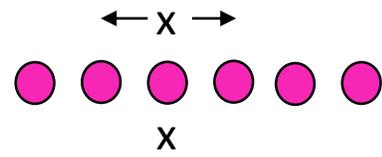
How can you disguise your movement in order to get away from your family member?

- Can you transfer your weight from one side and move in the opposite direction?
- Can you stay on your toes to allow you to move quickly?
 - Can you move at different speeds?
 - Can you change direction quickly?
- What other strategies can you use to get away from your opponent?
 - Why is it important to work at speed when trying to get away from an opponent?

PRACTICE



Line up markers as shown below and ask a family member to join you. Stand behind a cone facing them on the other side of the cone.



Moving side to side, can you move to the markers either side of you so that you are not facing your family member? Can they keep up with you?

Work for 30 seconds – can you stay one marker away from your opponent at the end of the time?
 Swap roles and see whether your family member can beat you.

History Challenge



In 1995, South Africa won the men's Rugby Union World Cup. The tournament was the first played in South Africa following the end of apartheid.

Nelson Mandela used rugby as a way to bring the South African nation together.

- What does the word *apartheid* mean?
- What was life like in South Africa during this period of time?
- How did Nelson Mandela play a significant role in ending apartheid in South Africa?
 - What is Mandela's legacy today?



Make sure you have enough safe space to complete the tasks!

DEVELOP



Set your markers out as shown below and stand with a ball behind one of the markers. Ask your family member to stand in the middle of the two markers.



Run towards the middle of the space and try to evade your family member without getting tagged. If you manage to do so, carry on to the opposite marker and place the ball down to score a try.

Turn around and repeat the exercise in the opposite direction. How many tries can you score in one minute?



Brian O'Driscoll is Ireland's leading international male try scorer with 47 tries and sits at number 8 in the world's all time try scorers.

- Can you find out the names of the players on this list?
- What teams did they play for?
 - What techniques did they use to evade tackles from opponents?
 - How can you use some of these techniques in your own play in order to improve?

Geography Challenge

The New Zealand Women are the current Rugby Union World Champions.



In 2011, the New Zealand city of Christchurch suffered a devastating earthquake which measured 6.3 on the Richter scale.

- What type of plate boundary caused this earthquake?
- What were the primary and secondary effects on the country?
- What were the short and long term responses to the earthquake?



Parent's Tip!

Use markers that are closer together whilst the correct techniques are practised. Once a technique is mastered, try moving the markers further away. Restrict the movement of the opponent to give the ball carrier the best chance of moving around their opponent.