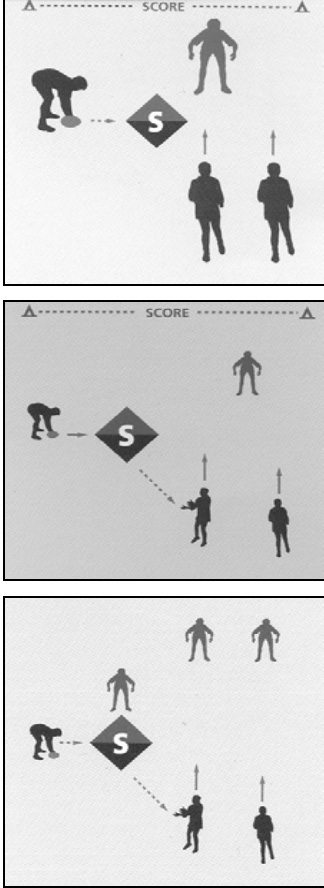
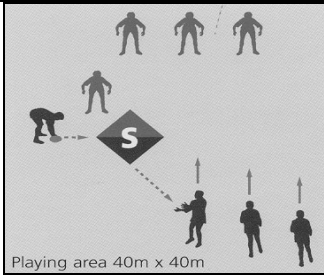


## **USA Rugby Physical Education Lesson Plans 12-15**

Lesson 12	Activity	Teaching points and techniques	Evaluation and Examples
<p><b>Warm up activity- 5 minute</b></p>	<p><b>Partner activities-</b></p> <ul style="list-style-type: none"> <li>• Crazy 8's- 8 push ups, 8 sit ups, 7 push ups, 7 sit ups, 6,6,5,5,4,4,3,3,2,2, on down to 1,1</li> </ul>		
<p><b>Skills activity- 20 minutes</b></p>	<p><b>Explain 3 man UNCONTESTED scrum and progression leading up to scrum</b></p> <p><b>Partner bind-</b> with heads going to LEFT of partner as you face them Call out “<b>Crouch, Touch, Pause, Come together</b>” Go in easy and rest against one another holding on with hands on each other’s shirt</p> <p><b>Two sets of partners bind-</b> In slower and heads to LEFT Call out “<b>Crouch, Touch, Pause, Come together</b>”</p> <p><b>Teacher lead- helping and guiding 3 Man scrum</b> Call out “<b>Crouch, Touch, Pause, Come together</b>”</p> <p><b>Demonstrate hooking motion with foot</b></p> <p><b>Try UNCONTESTED 3 Man scrum with hook and feed from scrumhalf</b></p>	<p>Stress:</p> <ul style="list-style-type: none"> <li>• This is just an introduction and will give players sense of scrum and more space for runners outside scrum</li> <li>• Use hands and arms to reach out before engagement and to hold for balance</li> <li>• Go in slow and try to get head looking up a bit</li> <li>• Come together slowly</li> <li>• Keep head and shoulders above hips</li> <li>• Zero tolerance for anyone coming in too hard or having difficulty keeping head and shoulders above hips- No pushing</li> <li>• Have scrumhalf “feed” the ball a little</li> <li>• Defense may not advance until scrumhalf has picked up ball</li> </ul>	
<p><b>Game/activity: 20 minutes</b></p>	<p><b>Play the Game- 7 v 7 or 6 v 6 with UNCONTESTED 3 man scrums on all infractions</b></p>		

<b>Lesson 13-15</b>	<b>Activity</b>	<b>Teaching points and techniques</b>	<b>Evaluation and Examples</b>
<b>Warm up</b>	<b>Vary using previous lessons</b>		
<b>Skill Work</b>	<b>Determine what class could use for review Concentrate on playing games</b>		
<b>Game/Activity</b>	<b>Match play</b> Teacher's discretion with use of UNCONTESTED scrums or not Add live drop goals		

