

KIDS FIRST RUGBY



STAGE 2 (Under 10) Learning

Personal and Social

Work effectively with others as part of a team

The child can:

- Work as part of a team to support play (attack and defend)
- Positively praise and encourage teammates
- Passes the ball to teammates when appropriate
- Support the ball carrier
- Collaborate with others
- Be patient with self and others when learning or performing a skill.

Physical and Movement

Adopt a strong body position

The child can:

- Demonstrate a strong foot position
- Understand and apply the Tower of Power.

Sustain

The child can:

- Sustain running, jumping, throwing and catching
- Maintain a level of performance through being appropriately fit.

Game Understanding

Understand and follow the rules

The child can:

- Understand and play to the rules
- Play fairly
- Adapt quickly to new rules
- Accept decisions respectfully.

Solves problems using the Principles of Play

The child can:

Explain the Principles of Play and demonstrate:

- Go forward and support
- Continuity and pressure
- Support
- Communication
- Contest possession in a variety of game and practice situations.

Skill Focus

Catching

The child can:

- Progress catching to keep the ball away from the body
- Catch the ball while moving.

Scrum

The child can:

- Explain the correct body position for the scrum (Tower of Power)
- Demonstrate and maintain the correct body position for prop/hooker.

Rules

- 8 v 8
- 60m x 35m

Introduction of:

- Competition for the ball - ball carrier + 1, tackler +1
- No line-out
- Uncontested scrum (nearest 3)
- Size 4 ball

Competition Framework

- Inter-club
- Triangular
- Festival: round robin, rock up and player. No leagues or knock-out.