

# KIDS FIRST RUGBY



## STAGE 2 (Under 12) LEARNING

### Personal and Social

#### Take on different roles

**The child:**

- Plays in different positions including play-maker (scrum-half, fly-half)
- Leads a team or unit practice
- Is deployed in different ways: first receiver, ball carrier, support runner, decoy runner, kicker, thrower.

#### Be creative

**The child can:**

- Explore and discover for themselves ways of solving problems.
- Is confident to take risks e.g. overhead passes, round the back passes and so on
- Sees mistakes as a valuable part of learning.

### Physical and Movement

#### Perform with accuracy, fluency, control and consistency

**The child can:**

- Pass and then support to receive the ball
- Run, kick and gather
- Change direction to move defenders and execute a well-timed pass to a supporting player.

#### Understand the importance of warm up and cool down, the benefits of physical exercise and being healthy in relation to Rugby Union

**The child can:**

- Explain the benefits of a warm up and cool down
- Perform or lead warm-up and cool down
- Explain the benefits of being fit for rugby
- Make every effort to establish and maintain levels of fitness appropriate to rugby.

### Game Understanding

#### Solve problems using the Principles of Play

**The child can:**

- Demonstrate all the principles of play in competitive situations
- Go forward and support
- Demonstrate continuity and pressure
- Communicate
- Contest possession in a variety of game situations.

#### Understand 'why' and explain or execute the next steps

**The child can:**

- Recognise and suggest patterns of play that will increase the chances of success
- Show anticipation and awareness in changing game situations
- Evaluate and adapt actions in pressure situations
- Choose and vary skills and tactics to suit the situation in a game.

### Skill Focus

#### Support

**The child can:**

- Support close, deep, wide, decoy, behind
- Work hard to support the ball carrier or tackler.

#### Contact

**The child:**

- Is able to tackle (side and rear) through the progressions of kneel, squat, stand, walk, jog
- Often performs a safe tackle in a game situation.

## Rules

- 12 v 12
- Half Pitch (up to 5m lines)
- Unlimited contest for the ball
- Nearest 5 in the scrum and contested strike
- No line-out
- No kicks for goal
- The team being scored against have the option to kick or receive
- Size 4 Ball

## Competition Framework

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