

Touch Rugby for PE Lessons

Playing Area		
The playing area is smaller than a rugby field - Max. 50m x 25m (including in goal area). Schools are encouraged to work with whatever space they have available.		
<p>Team Size</p> <p>Seven (7) players as max per team - this can be smaller if the playing area is smaller.</p>	<p>Playing Time</p> <p>Two x 15-minute halves.</p>	<p>Scoring</p> <p>A try is worth 5 points.</p> <p>No conversion attempt after a try at this age level.</p> <p>No penalty goals or drop goals at this level.</p>
<p>Kick-off</p> <p>Taken in the form of a "punt kick".</p> <p>Non-scoring team to kick off.</p> <p>5m "free zone" for receiver.</p>	<p>Restart</p> <p>"Tap restart" by non-scoring team after a try.</p>	<p>Kicking in General Play</p> <p>No kicking is allowed in general play.</p> <p>Penalty</p> <p>The "tap restart" is the only option.</p>
<p>Walla tag</p> <p>To halt the progress of the ball carrier, a defending player must contact the ball carrier with two hands (simultaneously) below waist height.</p> <p>Once tagged the ball carrier has two options:</p> <ol style="list-style-type: none"> 1. Pass the ball to a team mate immediately; or 2. Set up a ball take. 	<p>Ball Take</p> <p>A ball take occurs if the passing option is not taken following a "tag".</p> <p>Call after "tag" should be "pass, pass, pass", then ball take.</p> <p>Offside line for defending team is 5m.</p>	<p>Lineout</p> <p>A lineout occurs when the ball goes out of bounds.</p> <p>Lineouts are non-contested.</p> <p>Two players lineout, plus hooker.</p> <p>The lineout is formed 3m from the touchline. The thrower stands in line with their own team.</p> <p>Biased, targeted throw.</p> <p>Offside line for the backline is 5m from the middle of the lineout.</p>
<p>Scrum</p> <p>A scrum restarts play when there is an accidental infringement.</p> <p>Scrum are non-contested.</p> <p>Only the hooker of the team feeding the ball into the scrum may strike for the ball.</p> <p>Gentle, non-pushing scrum with only three players, positioned in each front row.</p> <p>Offside line is 5m from last feet for defending team and from last feet for attacking team.</p> <p>Scrum half not feeding the ball cannot go past the mid line of scrum.</p>	<p>Advantage</p> <p>Played generously to ensure a free-flowing game.</p>	<p>Offside</p> <p>In general play, a player is offside if they are in front of teammate who is carrying the ball, or if they are in front of a teammate who last played the ball.</p> <p>Offside lines exist for scrum, lineout and ball</p>

Free web site with PE Lesson plans- Australian Rugby Union

http://www.rugby.com.au/edrugby/for_the_field/walla_ready_pe_lessons,22066.html

Home page Australian rugby Union

http://www.rugby.com.au/edrugby/for_the_field/walla_rugby,109045.html

Session 1

Students are introduced to physical skills and drills. They focus on ball familiarization, passing and receiving while exploring evasion and pursuit. The lesson concludes by playing a modified invasion game.

- Auckland drills – ball handling
- Bull rush - evasion / pursuit
- Modified 3 on 2 - - introduce off side line
- Game – modified -making space

Session 2

Students are introduced to physical skills, drills and game elements. They focus on ball familiarization, passing and receiving, evasion and pursuit. Walla tag, ball take / tackle and line-out. The lesson concludes by playing a modified invasion game.

- Auckland drills – ball handling
- Group work – Line outs
- Bull rush - evasion / pursuit – taking / tackle introduction- 3 players per ball
- Game – Extra player

Session 3

Students are introduced to physical skills, drills and game elements. They focus on ball familiarization, passing and receiving, evasion and pursuit, Walla tag, ball take, tackle line-out and scrum. The lesson concludes with students playing Walla rugby

- Auckland drills – ball handling- 2 runners- tackle / take / contest
- Group work – scrums

- Game – 3 teams rotation- touch decides