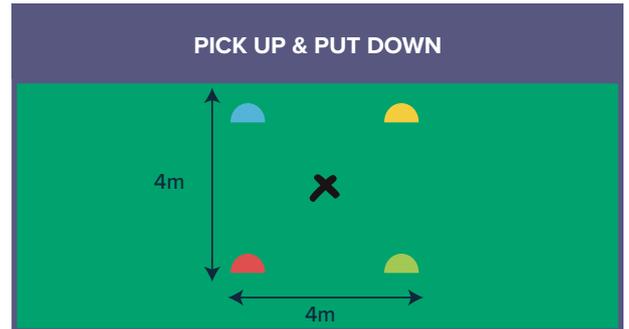




# SECONDARY SCHOOL RUGBY LEAGUE CHALLENGE ACTIVITIES

## STAGE 1

### ACTIVITY 1

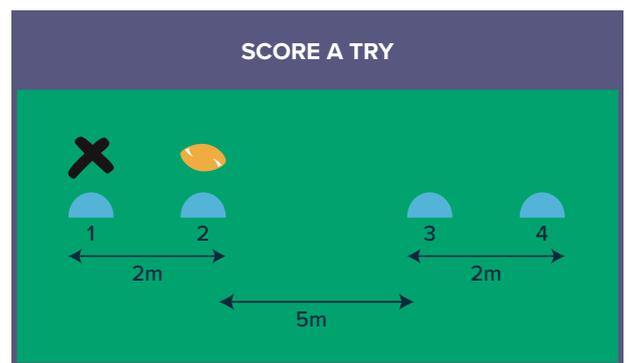
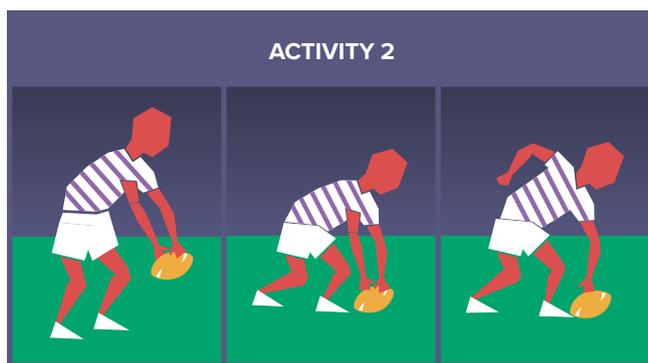


**PICK UP PUT DOWN CHALLENGE**

**STABILITY**

- 4x4m square with a different coloured cone in each corner. Pupil starts in the middle and has to move to the cones as called by colour.
- SCORING** | Complete a sequence of 10 cones and record the time.

### ACTIVITY 2



**SCORE A TRY**

**SKILL DEVELOPMENT**

- Pupil starts at cone 1, collects ball from cone 2 (2m ahead) with 2 hands. Runs with the ball (carries) to cone 3 (5m ahead) and puts the ball down as if they were scoring a try with 2 hands (2 points) or 1 hand (3 points). Run around cone 4 and repeat the activity in the opposite direction i.e. collect from cone 3, score a try at cone 2 and run around cone 1.

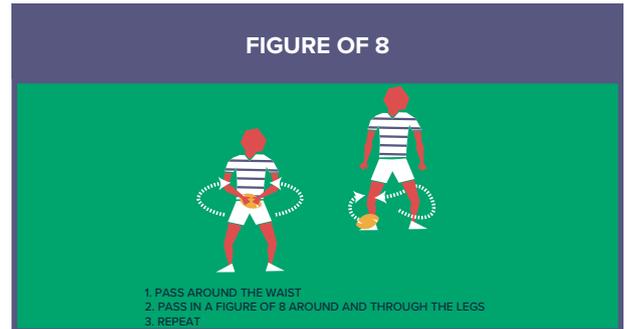
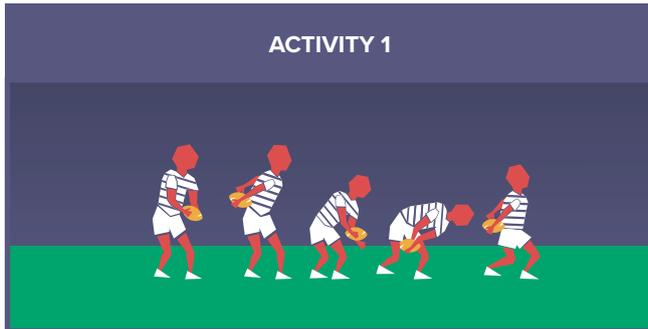
**SCORING** | Each pupil has 50 seconds on the activity to score as many points as they can.



# SECONDARY SCHOOL RUGBY LEAGUE CHALLENGE ACTIVITIES

## STAGE 2

### ACTIVITY 1



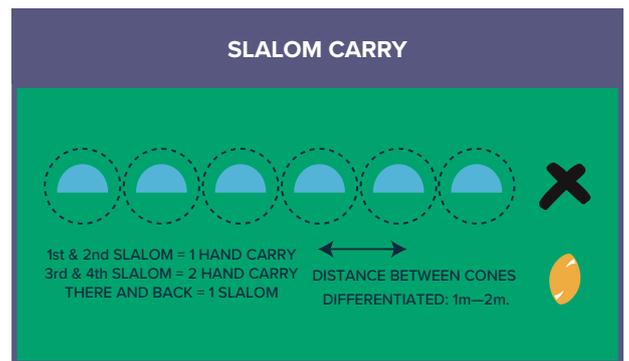
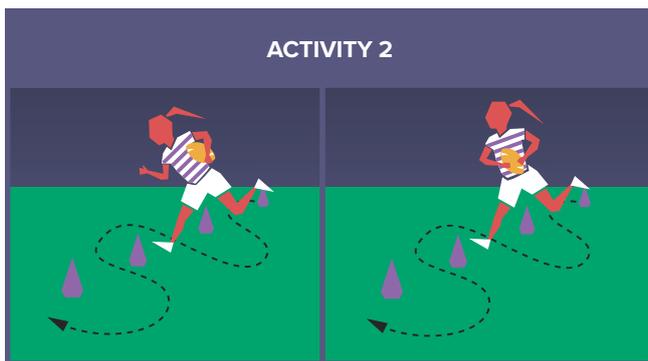
#### FIGURE OF 8

#### LOCOMOTION

- Pupil starts with the ball in 2 hands outstretched in front of their body. Pass the ball around their body, then completes a figure of 8 around their legs. Repeat the sequence as many times as possible in 30 seconds.

**SCORING** | 1 point for every successful completed sequence.

### ACTIVITY 2



#### SLALOM CARRY

#### LOCOMOTION

- Pupil carries the ball in 1 hand and runs out and back through the slalom of cones. Repeat the same movement through the cones but this time carrying the ball in 2 hands. Complete each slalom twice (2 x 1 handed carries and 2 x 2 handed carries).

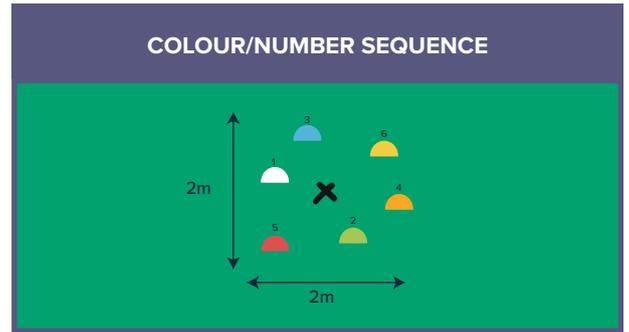
**SCORING** | Record the time.



# SECONDARY SCHOOL RUGBY LEAGUE CHALLENGE ACTIVITIES

## STAGE 3

### ACTIVITY 1



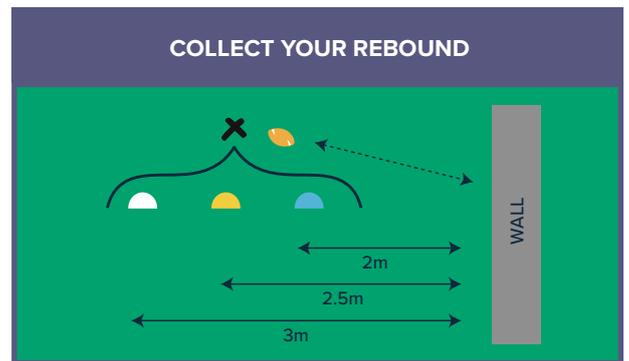
**COLOUR/  
NUMBER  
REACTION  
(SEQUENCE)**

#### LOCOMOTION

- Scatter 6 coloured or numbered cones around the pupil in a 2 x 2m area. Call out a sequence before the activity starts and the player has to lift and replace the cones in the correct sequence. Prepare 3, 5, 7 & 9 cone sequences. All pupils start with a 3 cone sequence. If the pupil is successful they can choose to attempt the next one up.

**SCORING** | Points awarded according to the number of correct sequences they complete.

### ACTIVITY 2



**COLLECT  
YOUR  
REBOUND**

#### SKILL DEVELOPMENT

- Pupils choose either a round ball (i.e football/netball) or a rugby ball. Rugby ball scores double points. Throw the ball against the wall and try to catch the rebound before the ball hits the floor. Have 3 different cones available at in-creasing distances from the wall. Pupil can choose their starting point and change mid activity as they wish. Nearest cone (2m) = 2 points, middle cone (2.5m) = 3 points, furthest cone (3m) = 4 points.

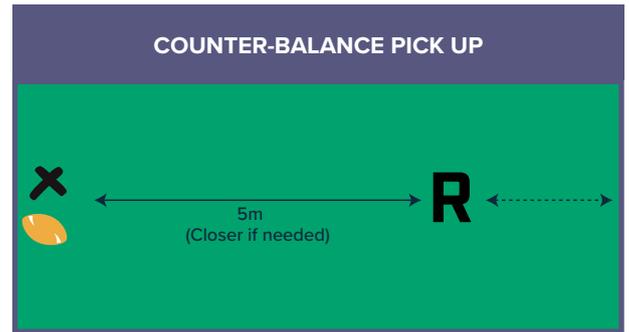
**SCORING** | Each pupil has 6 attempts. Record score for each successfully collected rebound.



# SECONDARY SCHOOL RUGBY LEAGUE CHALLENGE ACTIVITIES

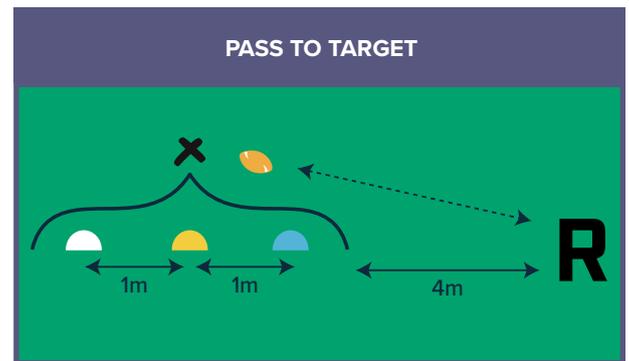
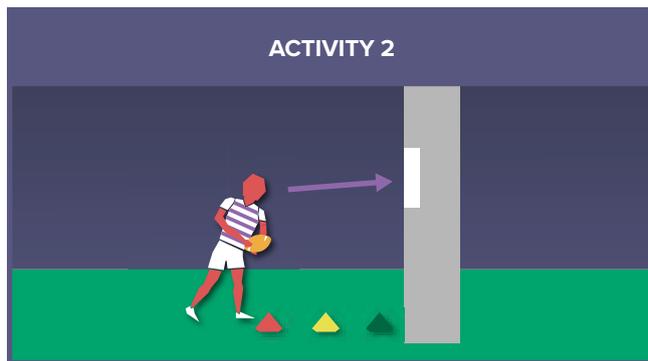
## STAGE 4

### ACTIVITY 1



<b>COUNTER BALANCE PICK-UP</b>	<p><b>STABILITY</b></p> <ul style="list-style-type: none"> <li>Pupils pick the ball up, pass to a target and maintain balance using only their standing foot. What is the maximum distance they can complete the pass to a receiver? After each successful attempt, the receiver takes one step back. Start at 5m (closer if needed for differentiation). Pupils can choose to pass to their L or R.</li> </ul> <p><b>SCORING</b>   Record the maximum distance achieved as the result.</p>
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### ACTIVITY 2



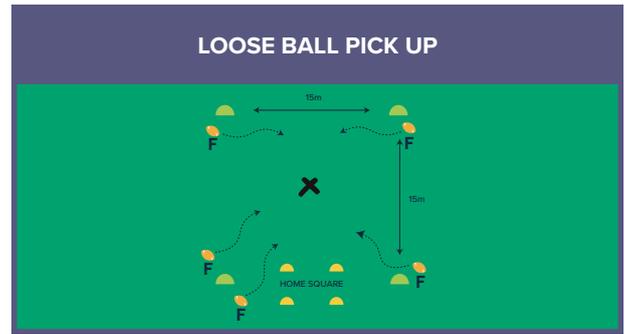
<b>PASSING TO TARGET</b>	<p><b>SKILL DEVELOPMENT</b></p> <ul style="list-style-type: none"> <li>Pass the ball from a chosen distance to a static receiver, and catch the ball on return. They can choose to catch using 1 or 2 hands; <b>1 hand scores double points</b>. Have 3 different cones available at increasing distances from the receiver. Pupil can choose their starting point and change mid activity as they wish. Nearest cone (4m) = 2 points, middle cone (5m) = 3 points, furthest cone (6m) = 4 points.</li> </ul> <p><b>SCORING</b>   Complete the activity for 40 seconds. Record the score accordingly for each completed pass AND catch.</p>
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# SECONDARY SCHOOL RUGBY LEAGUE CHALLENGE ACTIVITIES

## STAGE 5

### ACTIVITY 1



#### LOOSE BALL PICK UP AND GROUND

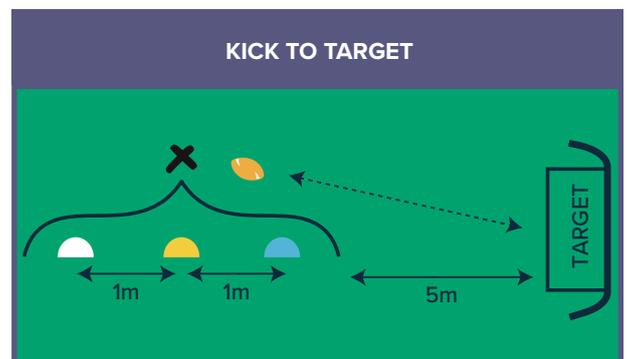
#### LOCOMOTION

- 15 x 15m square. Feeders from outside the grid roll balls in to the grid in different directions, one at a time on command. The pupil inside the grid picks up the ball and carries it to the home square and grounds the ball (as if scoring a try) with either a 1 or 2 handed put down. As soon as the ball is grounded, the next feeder rolls a ball into the grid and the process begins again. Each pupil collects and grounds 5 balls. Record the time taken to complete.

**SCORING** | Record the time taken to complete.

- NB: If restrictions on other pupils handling the ball, it can be collected from a cone and carried to the home square instead.

### ACTIVITY 2



#### KICKING TO OR INTO TARGET

#### SKILL DEVELOPMENT

- Kick the ball from a chosen distance between a target (ie a samba goal, 2 rounders posts, 2 cones) or into a target (ie storage box, wheelie bin). Have 3 different cones available at increasing distances from the kicking target. Pupil can choose their starting point and change mid activity as they wish. Nearest cone (5m) = 2 points, middle cone (6m) = 3 points, furthest cone (7m) = 4 points.

**SCORING** | Each pupil has 5 kick attempts. Record the score accordingly for each successful kick between the target.