



Rugby Union for SGOs

PRIMARY

What's unique about Rugby Union

Rugby is a game for everyone, for all shapes, sizes and abilities underpinned by our core values with some unique skills, tactics and problem solving. We have different formats of the game – non-contact and contact, which can be easily adapted by SGOs to meet local needs as a 'for all' or 'targeted' offer. Our non-contact formats can be played anywhere at any time and are easy to teach, officiate and deliver. Young people who've taken part in contact tell us how rugby has helped develop their social skills, got them more engaged with PE and helped their connection to others.

What is the intent of your format



Build social skills and connections (i.e. sense of belonging)



Develop confidence and competence within physical activity/sport skills



Develop leadership, character, life skills

As a game for all shapes and sizes and one which uses several transferrable sport skills, rugby can deliver against all School Games intents. With its unique team nature and core values, we know rugby delivers connection, social and leadership skills which can be a real focus. It also has:

- Flexible and adaptable activities to give challenge and success for all
- Fundamental sports skills that are transferable, alongside specific unique rugby skills and tactics
- A focus on being player centred, using a festival based approach, and values-based scoring
- Activities which ensure all participants are physically active (rugby is great to engage less active young people)
- Opportunities to engage and utilise young leaders to support activity.

It's just not Rugby if you...

1

Don't follow RFU values (e.g. disrespecting the referee)

2

Don't run with the ball. Whilst kicking is permitted in some formats, the intent is to run and pass.

3

Don't score tries!

Target group benefits



All young people



Targeted groups of young people

Our School Games offer can be delivered as a 'for all' offer or aimed at 'targeted' groups. As an example, there is evidence where the contact formats have been used to engage young people with behavioural challenges, or less active individuals. If using a targeted approach, it's important to ensure teams in playing opportunities are suitably matched.

Rugby is a low-cost sport, only requiring a ball to play.

Our non-contact offer ensures that boys and girls can play together and that games can be easily modified to include SEND students.





Rugby Union for SGOs

PRIMARY

How to run inter-competition: Mega Fest



How to set up

Mega Fest is a series of activities and games (including T1 Rugby) which can be selected and adapted depending on space, numbers, ability etc.

Choose which activities you want to provide, and set up one station per activity, or multiple stations of the same activity for larger numbers. Each activity runs simultaneously, and should be centrally timed, before rotating teams around stations. Ensure all teams access each station.

T1 Rugby should be played as part of these activities. Ensure each school team gets the same number of games in a festival format.

Scoring should be based on values, personal bests and individual development rather than a traditional competitive outcome.



Age group

KS2 (7–11-year-olds)



Gender

Mixed



Participant numbers

8+

With larger numbers, increase the number of activities offered, which are delivered simultaneously.



Target audience

The Mega Fest format supports a 'for all' approach allowing young people to take part and experience a variety of activities.

A 'targeted' offer can be created by selecting specific Mega Fest activities to suit the groups needs.



Benefits for YP

Through a focus on our values, we aim to develop and reward:

- Teamwork
- Respect
- Enjoyment
- Discipline
- Sportsmanship

Mega Fest activities look to develop creativity, connection, confidence and competence. In addition, fundamental movement skills and transferable sports skills are developed alongside specific rugby skills and tactics.



Roles for YP

Mega Fest is a great way to engage young people in any volunteer role (coach, scorer, event organisers, timing) with very little rugby specific knowledge needed for most activities.



Progression

Schools should use the Mega Fest format to widen the number of young people who get the opportunity to participate. As such, intra-school competition shouldn't be a 'selection' for inter-school activity.





Rugby Union for SGOs

PRIMARY

Additional support

We want to support SGOs to deliver local activity through the offer of face-to-face training, physical resources and regional and national opportunities. This will be detailed via the School Games website.

There is a suite of support for schools, staff and young leaders who want to get involved. This ranges from CPD (online and face to face), curriculum resources to equipment packages.

- Mega Fest information, activities and additional support for your school can be found [here](#).

NGB regional contacts

- **National contact:** Chris Sigsworth, Schools Manager via schools@rfu.com
- **Local County Schools Unions** who will be able to connect you with clubs, other schools and further training and playing opportunities can be contacted via www.englandrugby-schools.com
- A few Premiership or Championship clubs have community departments who may be able to offer event support. These can be found via www.findrugby.com
- There is a network of RFU Club and Coach developers who can support with links to clubs or local partners or additional training opportunities. They can be contacted via schools@rfu.com.

Personal development

- **Primary School teachers**
 - Online CPD - Primary Teachers course – FREE can be accessed [here](#)
 - Face to face 3-hour Primary School Teachers course can be found [here](#) or via your SGO – FREE
- **Young Leaders**
 - England Rugby has a 6-hour Young Leader course (+optional 3-hour community delivery) which can be delivered by PE staff or SGOs. This course will upskill young leaders to organise, lead or officiate Mega Fest can be found [here](#) – FREE
- Occasionally, specific funding for national initiatives becomes available and will be communicated via SGO newsletters. Other local funding may be found via local counties (Constituent Bodies or County Schools Union – www.englandrugby-schools.com). England Rugby has a free grant finder tool which can be accessed [here](#).

Where to participate next?

- A network of Community Rugby clubs who have age grade sections will be delighted to support your school and develop mutually beneficial links. To find your local club and contact visit – www.findrugby.com.

Where to compete next?

- Look for other local playing opportunities organised by clubs or other partners. At Primary ages there is no RFU Regional or National competition or pathway.





Why Rugby Union for your school?

Rugby Union has something for everyone, and we pride ourselves on being a game for all shapes and sizes. Underpinned by our core values (Teamwork, Respect, Enjoyment, Discipline and Sportsmanship) we've demonstrated how our sport can help to develop social skills and get young people physically active.

In primary, we recommend playing non-contact rugby, using T1 Rugby and Mega Fest formats. They can be adapted to suit the needs of your students (as either a 'targeted' or 'for all' offer). England Rugby provides support through our online resources, network of community clubs and national programmes.

How to use activities in curriculum time

For more information, and additional support about how to use Mega Fest or T1 Rugby as part of your curriculum offer, use the links below:

- Mega Fest information, activities and additional support for your school can be found [here](#)
- T1 Rugby rules, activities, schemes of work, curriculum resources for primary teachers can be found [here](#).

Additional support

Personal development

- Primary School teachers
 - Online CPD - Primary Teachers course – can be accessed [here](#) – FREE
 - Face to face 3-hour Primary School Teachers course can be found [here](#) or via your SGO – FREE
- Young Leaders
 - England Rugby has a 6-hour Young Leader course (+optional 3-hour community delivery) which can be delivered by PE staff or SGOs. This course will upskill young leaders to organise, lead or officiate Mega Fest can be found [here](#)
 - Young leaders may also access the online learning course for TAG Rugby – [here](#)

Where to participate next?

- A network of Community Rugby clubs who have age grade sections will be delighted to support your school and develop mutually beneficial links. To find your local club and contact visit – www.findrugby.com.

Where to compete next?

- For inter-school activity please contact your local SGO(s) for Mega Fest activities
- A few community, or professional clubs, along with County Schools Unions may organise playing opportunities across different year groups. Please contact your local club or Schools Union for more information
- At primary age, there is no national competition or pathway. Please contact your local club or Schools Union (www.englandrugby-schools.com) for more information.





How to run intra-competition: Mega Fest



How to set up

Mega Fest is a series of activities and games (including T1 Rugby) which can be selected and adapted depending on space, numbers, ability etc.

Choose which activities you want to provide, and set up one station per activity, or multiple stations of the same activity from below for larger numbers. Each activity runs simultaneously, and should be centrally timed, before rotating teams around stations. Ensure all teams access each station.

T1 Rugby should be played as part of these activities. Ensure each school team gets the same number of games in a festival format.

Scoring should be based on values, personal bests and individual development rather than a traditional competitive outcome.



Age group

KS2 (7–11-year-olds)



Gender

Mixed



Participant numbers

8+

With larger numbers, increase the number of activities offered, which are delivered simultaneously.



Target audience

The Mega Fest format supports a ‘for all’ approach allowing young people to take part and experience a variety of activities.

A ‘targeted’ offer can be created by selecting specific Mega Fest activities to suit the groups needs.



Benefits for YP

Through a focus on our values, we aim to develop and reward:

- Teamwork
- Respect
- Enjoyment
- Discipline
- Sportsmanship

Mega Fest activities look to develop creativity, connection, confidence and competence. In addition, fundamental movement skills and transferable sports skills are developed alongside specific rugby skills and tactics.



Roles for YP

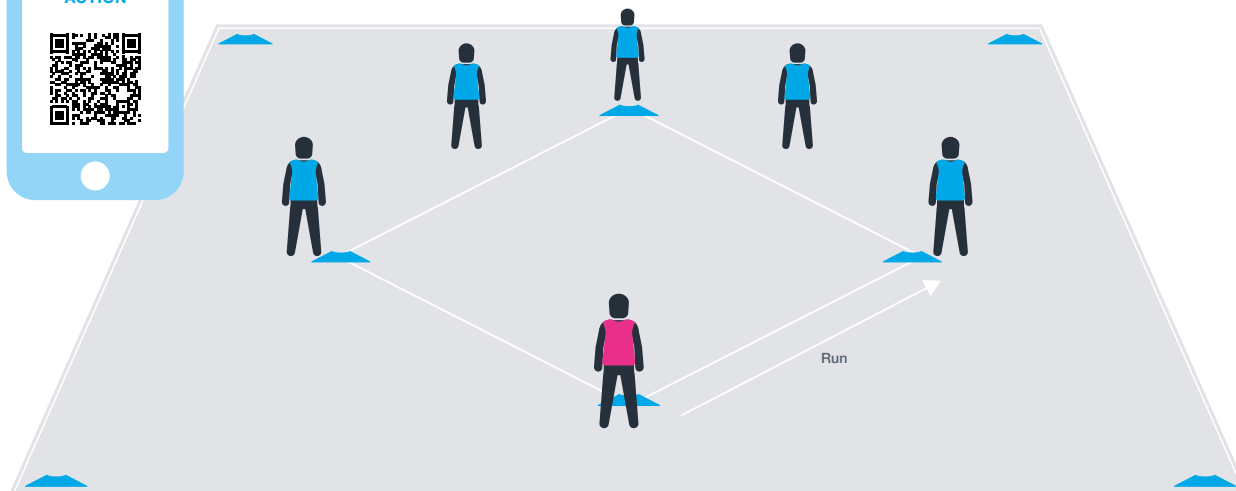
Mega Fest is a great way to engage young people in any volunteer role (coach, scorer, event organisers, timing) with very little rugby specific knowledge needed for most activities.



Rugby rounders

PRIMARY

SCAN HERE
TO SEE THE
PRACTICE IN
ACTION



How to make it easier

- Bigger space to aim at
- Points scored by reaching second cone
- Can still run if caught

How to make it harder

- More fielders
- Replace the 'run' with a 'hop'
- Kick/throw from weaker/non-dominant side

How to play

- 1 batting player and 4-5 fielders
- The batting player kicks or throws the ball forwards to put it in play
- To get the batter out, the fielders may catch the initial kick/throw or complete three passes before the batter gets all the way round the cones and back to the base cone.

Safety

- This is non-contact
- Make sure there is space between other groups, solid objects and equipment.

Equipment required

- Balls – mix, including rugby balls. If using rugby balls, think about using sponge balls for KS2 – otherwise size 2 or 3 should be used.
- Cones
- Bibs

Space required

- 20m x 20m – if this space isn't available, reduce playing numbers
- Can be played inside or outside on any surface
- Choose a space which is suitable for the participants and will ensure they enjoy it (e.g. use indoor if it's raining or muddy).

Estimated set-up time

- 3 minutes.

Difficulty level



Spirit of the Games



- If you got caught/didn't make it round, what would you do differently the next time?
- How did you get round before the fielders got you?



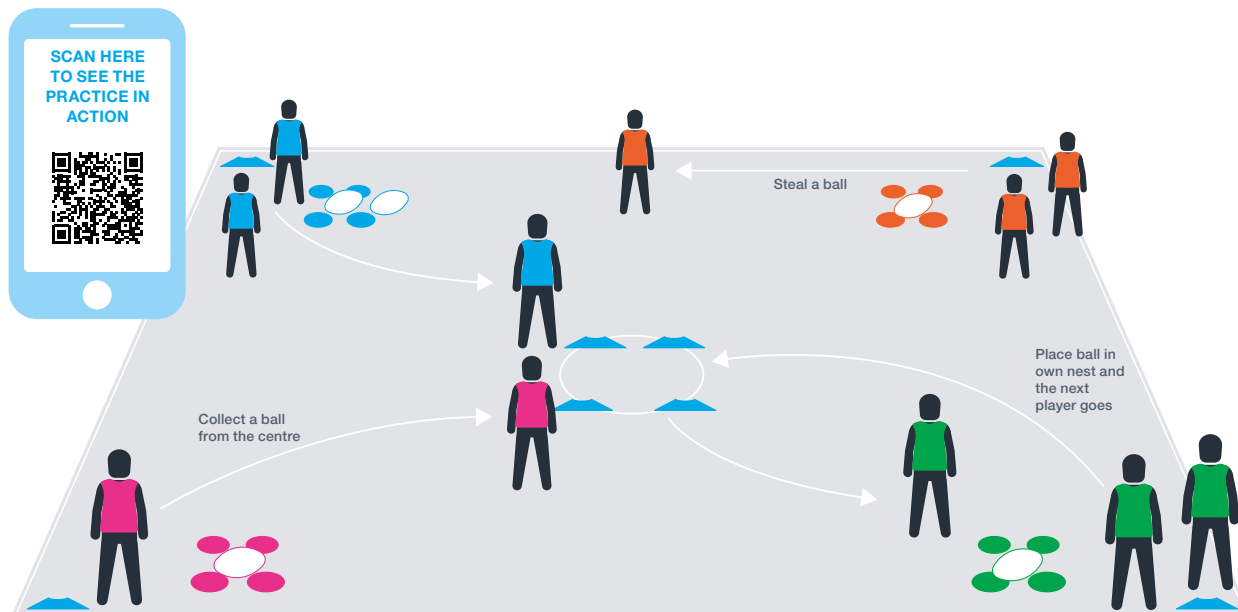
- How did you work together to get the runner out?
- How did you decide who stood where when fielding?





Rob the nest

PRIMARY



How to play

- 4 – 8 players, working in pairs
- Starting at the cones on the corner of the big square players take it in turns to run and 'rob' a ball from the nest in the middle – marked out by a smaller square (cones can be used instead of balls in the nest)
- Players run to bring the ball back to the corner, placing it on the floor to score a try
- After all balls are gone from the nest players can 'rob' balls from other nests
- The winner is the team that has the most balls in their nest after one minute.

Safety

- This is non-contact
- Make sure there is space between other groups, solid objects and equipment.

Equipment required

- Balls – mix, including rugby balls. If using rugby balls, think about using sponge balls for KS2 – otherwise size 2 or 3 should be used.
- Cones
- Bibs

Space required

- 15m x 15m – if this space isn't available reduce playing numbers
- Can be played inside or outside on any surface
- Choose a space which is suitable for the participants and will ensure they enjoy it (e.g. use indoor if it's raining or muddy).

Estimated set-up time

- 3 minutes.

Difficulty level



How to make it easier

- No stealing from other pairs nests
- Move 'nest' closer to the middle

How to make it harder

- Players can only move by hopping, crab walk, bear crawl etc.
- Players must do a ball 'trick' on the way back with the ball (e.g. pass the ball around their waist)

Spirit of the Games



- Why's it important to follow the rules?
- Which pair were best at being honest? What did they do?



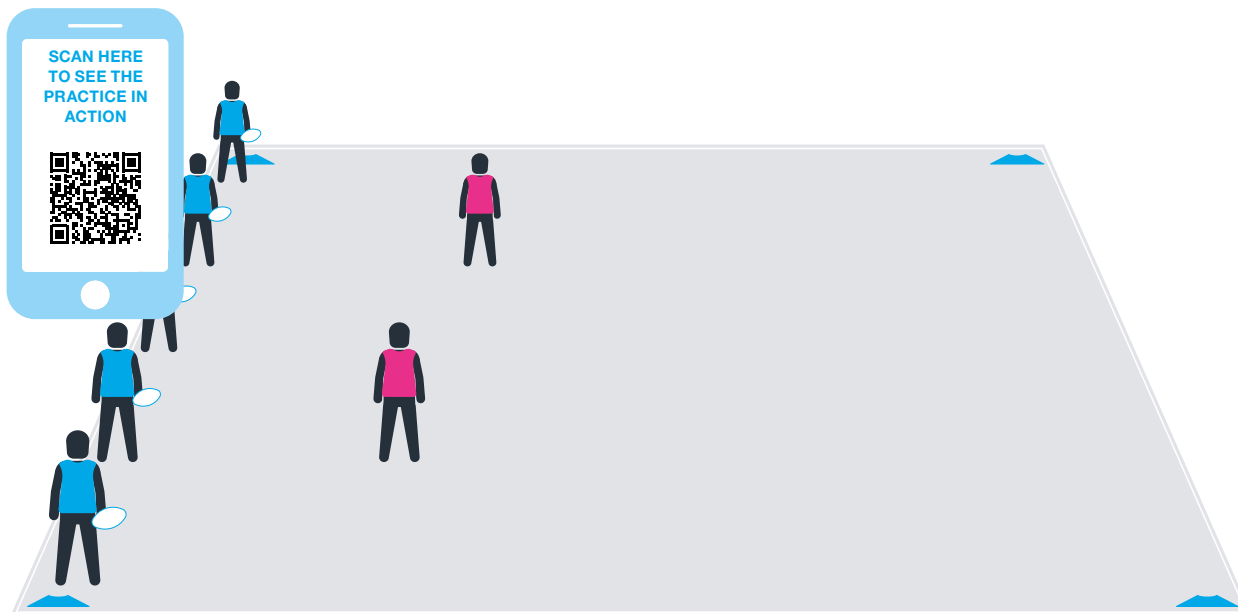
- How did you work together in your pair? What were your tactics?
- What did your partner do well?





Raggy TAG

PRIMARY



How to make it easier

- 'Tagger' must make two-handed touch, or take both tag belts
- 'Taggers' can only walk
- Make the playing area bigger
- Remove a 'tagger'

How to make it harder

- Make the playing area smaller
- Add more 'taggers'

Spirit of the Games



- Tell me about a time when you got around the 'taggers'?
- What was your plan to get around the 'taggers'?



- When you got tired, what did you think about to keep on running?
- If they got tagged – what did you think about doing to not get tagged the next time?

How to play

- Two 'taggers' in the middle of the box and up to eight players ('runners') at one end
- This game can be played as TAG or touch. If TAG, players will have TAG belts or a bib tucked into shorts/leggings otherwise 'taggers' can make a touch tackle
- On 'GO', the runners aim to get to the other end to score a try without being tagged or touched by the defender
- Once all runners are at the end, 'taggers' return the tags/bibs and everyone turns around to play the other way
- A 'tagger' can only tag one player in each run
- Over four runs, see how many tries are scored.

Safety

- This is non-contact
- Make sure there is space between other groups, solid objects and equipment
- Make sure players have enough room to run into space.

Equipment required

- Balls – mix, including rugby balls. If using rugby balls, think about using sponge balls for KS2 – otherwise size 2 or 3 should be used.
- Cones
- TAG belt per player (optional) – or bibs tucked into shorts/leggings

Space required

- 20m x 20m – if this space isn't available reduce playing numbers
- Can be played inside or outside on any surface
- Choose a space which is suitable for the participants and will ensure they enjoy it (e.g. use indoor if it's raining or muddy).

Estimated set-up time

- 3 minutes.

Difficulty level

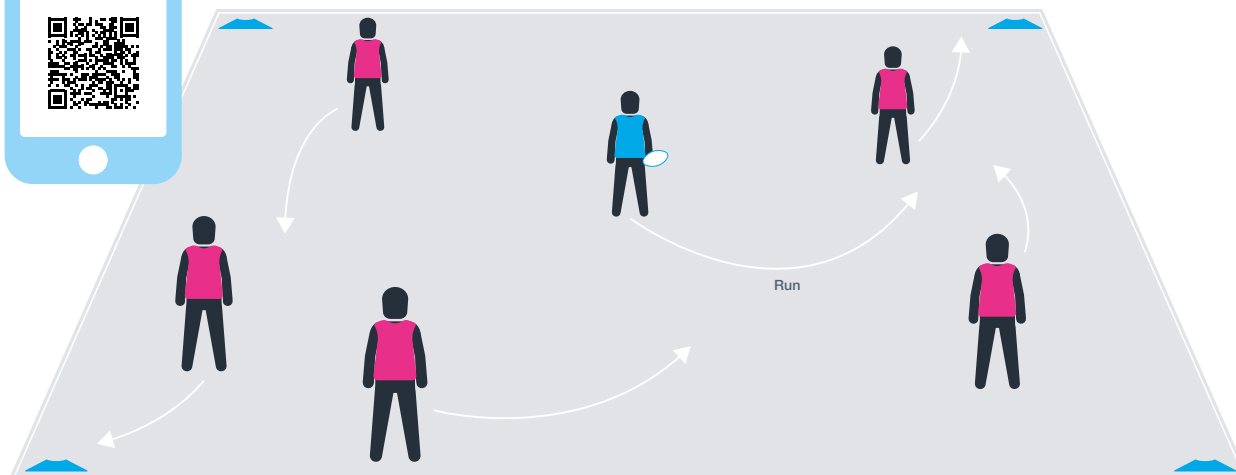




Ball touch

PRIMARY

SCAN HERE
TO SEE THE
PRACTICE IN
ACTION



How to make it easier

- Chaser can only walk or jog
- Make the playing area bigger

How to make it harder

- Add another chaser
- All players must move by hopping, bear crawl, skipping etc.
- Make the playing area smaller

How to play

- One chaser and 5-6 runners
- Chaser stands in the middle of the square and carries the ball in both hands
- The chaser must attempt to touch the runners with the ball. The touch must be below the shoulders and the ball can't be thrown. Each touch will be 1 point.

Safety

- This is non-contact
- Make sure there is space between other groups, solid objects and equipment
- Make sure participants are grouped appropriately.

Equipment required

- Balls – mix, including rugby balls. If using rugby balls, think about using sponge balls for KS2 – otherwise size 2 or 3 should be used.

Cones

Space required

- 10m x 10m – if this space isn't available reduce playing numbers
- Can be played inside or outside on any surface
- Choose a space which is suitable for the participants and will ensure they enjoy it (e.g. use indoor if it's raining or muddy).

Estimated set-up time

- 2 minutes.

Difficulty level



Spirit of the Games



- If you're a runner, what can you do (say) to help the chaser know they've been caught?
- What will happen in the game if the chaser counts a touch, but they really missed?



- How did you respect the rules of the game?
- As a chaser, why is it important not just to go after one person in this game?

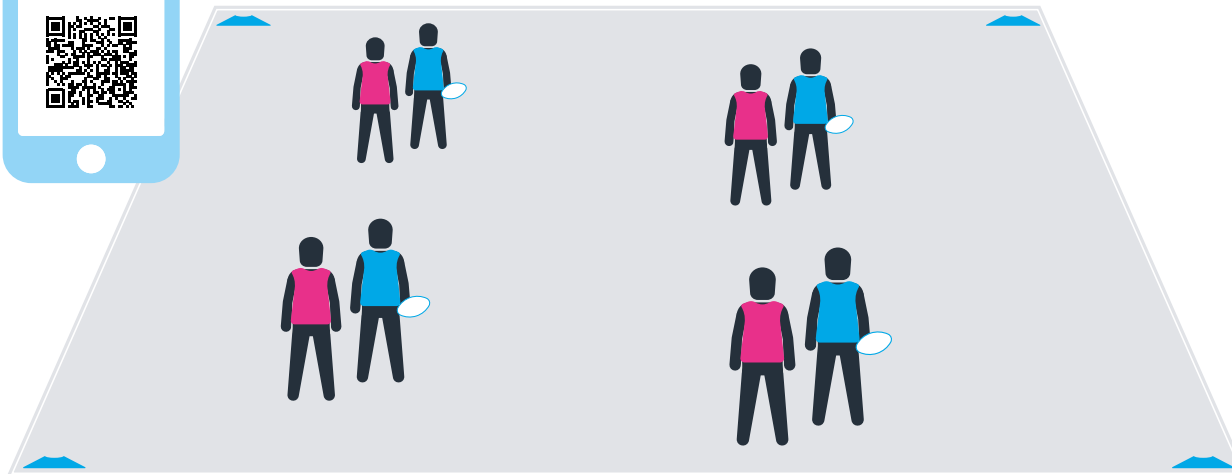




Hare and hounds

PRIMARY

SCAN HERE
TO SEE THE
PRACTICE IN
ACTION



How to make it easier

- Chaser can only walk or jog
- Make the playing area bigger

How to make it harder

- As a 'Hare' or a 'Hound'?
- Make the playing area smaller
- Play in groups of 3 with one ball carrier

How to play

- Players can have TAG belts or a bib tucked into shorts/leggings or if equipment not available this can be played using a touch tackle
- Arrange the players in pairs with one holding a ball in both hands
- The pairs begin by standing side by side
- On 'GO' the ball carrier (Hare) tries to lose their partner (Hound)
- After a short while, blow a whistle to stop. All the players must stand still ('freeze'). If the hound can tag or touch the hare, without moving their feet or falling off balance, the hound gains a point. If not, the hare gains the point
- Swap roles, and play again.

Safety

- This is non-contact
- Make sure there is space between other groups, solid objects and equipment.

Equipment required

- Balls – mix, including rugby balls. If using rugby balls, think about using sponge balls for KS2 – otherwise size 2 or 3 should be used.
- Cones
- TAG belt per player (optional) – or bibs tucked into shorts/leggings

Space required

- 10m x 10m – if this space isn't available reduce playing numbers
- Can be played inside or outside on any surface
- Choose a space which is suitable for the participants and will ensure they enjoy it (e.g. use indoor if it's raining or muddy).

Estimated set-up time

- 3 minutes.

Difficulty level



Spirit of the Games



- Were you better as 'hare' or 'hound'? Why?
- How did you improve between goes?



- What did you do to get away from your partner?
- What did you do if your partner was faster than you?

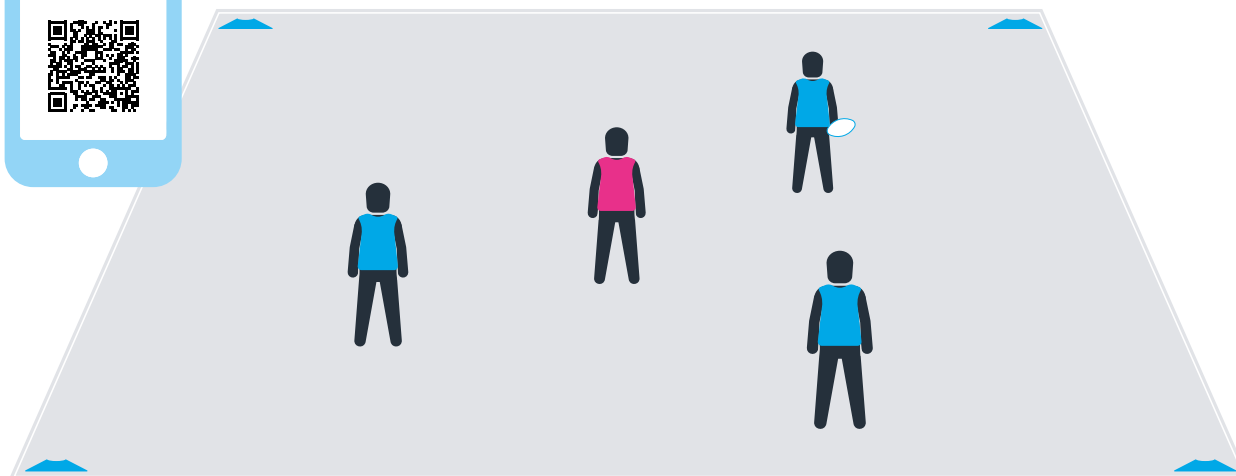




Piggy in the middle

PRIMARY

SCAN HERE
TO SEE THE
PRACTICE IN
ACTION



How to play

- Three players have the ball and pass it around to each other trying to keep it from the defender
- To start, players can't run when they have the ball
- To score a point make five passes without dropping the ball or it being intercepted
- After each point, or after every minute, swap the defender with a passer.

Safety

- This is non-contact
- Make sure there is space between other groups, solid objects and equipment.

Equipment required

- Balls – mix, including rugby balls. If using rugby balls, think about using sponge balls for KS2 – otherwise size 2 or 3 should be used.
- Cones

Space required

- 10m x 10m – if this space isn't available reduce playing numbers
- Can be played inside or outside on any surface
- Choose a space which is suitable for the participants and will ensure they enjoy it (e.g. use indoor if it's raining or muddy).

Estimated set-up time

- 3 minutes.

Difficulty level



How to make it easier

- Increase number of passers
- Defenders can't come within 1 metre of ball carrier (if a ball carrier can touch them with a ball they have to freeze until it's passed)

How to make it harder

- Passes must be made overhead or under knees
- Catch using only one hand
- Add in another defender

Spirit of the Games

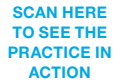


- What did you do to make it easier for the person with the ball to pass to you?
- Why is it better to pass to a teammate who is in space?



- When you were in the middle, what did you do to try and get the ball?
- Why is it important to keep going and put pressure on the ball carriers?





How to make it easier

- Give the attacker an extra player
 - e.g. 5 v 4 or 3 v 4
- Defender can't be within 1 metre of a ball carrier
- Make the playing space bigger

How to make it harder

- Make the playing space smaller
- Only use passes below head height
- Make scoring zone smaller
- Introduce variety of pass

How to play

- Divide the players into two teams
- One player from each side must stand in the score zone at the end of the pitch and act as a scorer
- To score, the team must pass the ball to their scorer in their score zone
- The scorer must stay within the score zone but may move anywhere within the zone to receive a scoring pass
- Change the scorers after every score
- After each point is scored, the scorer passes the ball to the opposition and the game starts again.

Safety

- This is non-contact
- Make sure there is space between other groups, solid objects and equipment.

Equipment required

- Balls – mix, including rugby balls. If using rugby balls, think about using sponge balls for KS2 – otherwise size 2 or 3 should be used.



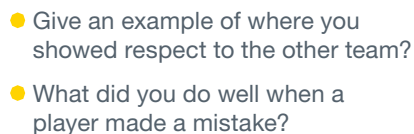
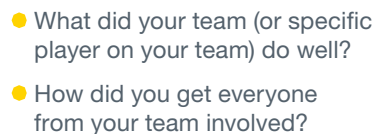
Space required

- 30m x 20m – if this space isn't available reduce playing numbers
- Can be played inside or outside on any surface
- Choose a space which is suitable for the participants and will ensure they enjoy it (e.g. use indoor if it's raining or muddy).

Estimated set-up time

- 3 minutes.

Difficulty level

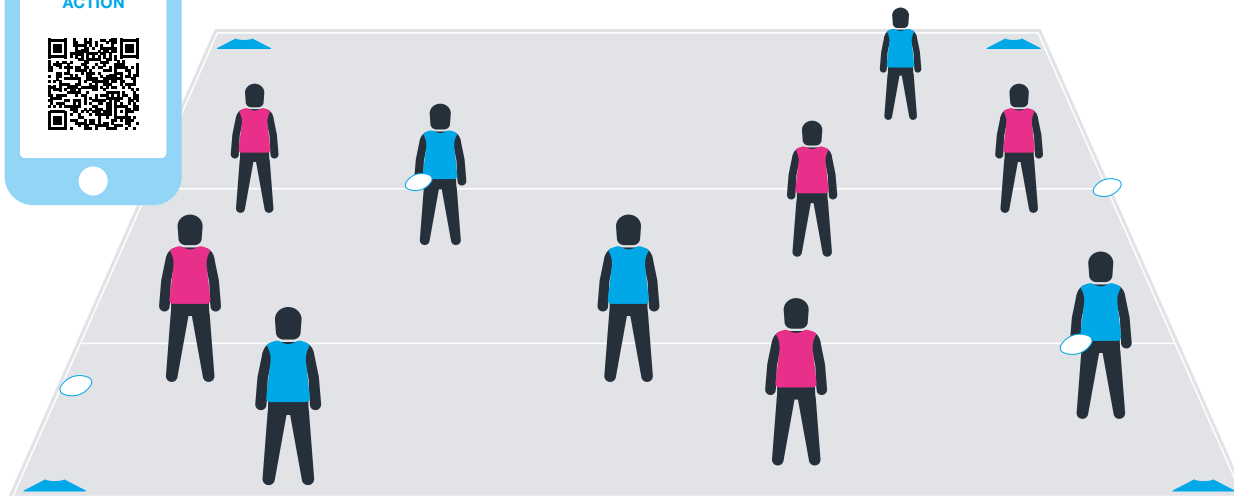




Keep ball

PRIMARY

SCAN HERE
TO SEE THE
PRACTICE IN
ACTION



How to make it easier

- Give the ball carrier team more players than the chasers
- Chasers can only walk or hop whilst ball carriers can run
- If playing with TAGs, both need to be removed before placing ball outside
- Make the playing area bigger

How to make it harder

- Make the playing space smaller
- Only use passes below head height
- Ball is 'Out Of Play' if it hits ground or is intercepted

Spirit of the Games



- How did you help a teammate in the game?
- What were your team tactics to catch everyone?



- What bit of the game did you enjoy the most?
- How did you support and encourage the rest of your team?

How to play

- This game can be played as TAG or touch. If TAG, players will have TAG belts or a bib tucked into shorts/leggings otherwise chasers can make a touch tackle
- Divide the players into teams of three, four or five. One team are selected as the chasers and all other players have a ball and a tag belt (if available)
- On the command 'GO' the chasers try and tag the ball carriers
- When the ball carriers are tagged or touched they step outside of the playing area, place the ball down and re-join the game. These players then help other ball carriers by being available for them to pass to
- Play until the final ball is out of play
- Time how long each team takes to catch everyone or count number of players caught in specific time.

Safety

- This is non-contact
- Make sure there is space between other groups, solid objects and equipment.

Equipment required

- Balls – mix, including rugby balls. If using rugby balls, think about using sponge balls for KS2 – otherwise size 2 or 3 should be used.
- Cones
- TAG belt per player (optional) – or bibs tucked into shorts

Space required

- 15m x 15m – if this space isn't available reduce playing numbers
- Can be played inside or outside on any surface
- Choose a space which is suitable for the participants and will ensure they enjoy it (e.g. use indoor if it's raining or muddy).

Estimated set-up time

- 3 minutes.

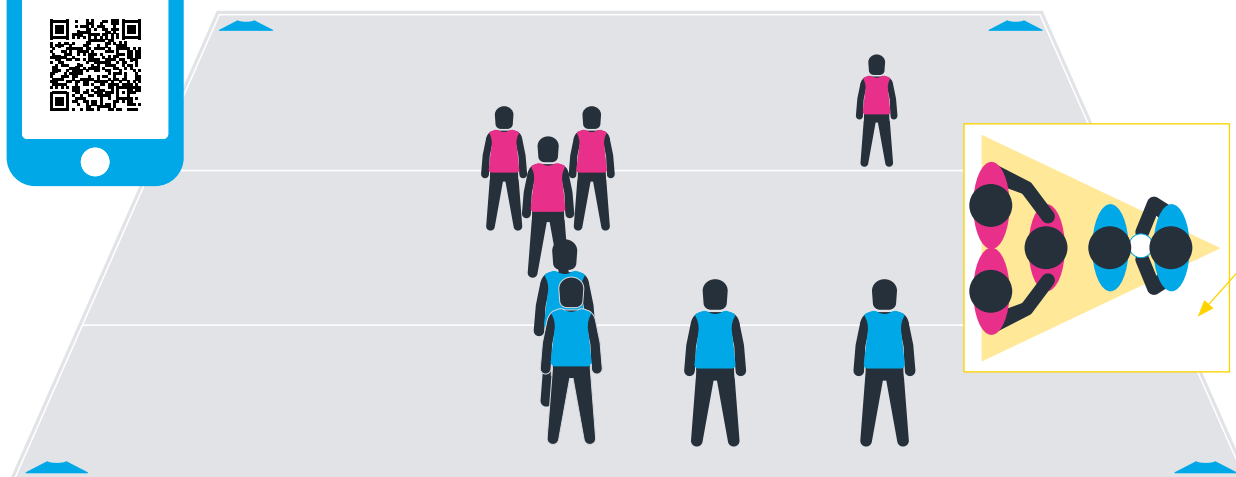
Difficulty level





T1 Rugby

PRIMARY



How to play

- Split players into 2 teams
- The game can be played as TAG rugby with each player having a TAG belt or by making a touch tackle
- The objective is to touch the ball down on or over the opponent's try line which is called a try and is worth one point
- The defending team aim is to stop the attacking team from scoring by either making a series of one-handed touches on a ball carrier – no higher than the shoulder – or by removing a series of tags attached to a player's waist
- After a touch/tag the ball carrier must stop within 3 steps. Closest player to come in and 'rip' (take) the ball and pass, whilst the toucher/tagger, plus two other defenders who must put their outside hand on the shoulder of the toucher/tagger forming a 'tackle triangle'
- Players who are not involved in the tackle triangle need to be stood onside (defence = behind an imaginary line at the base of the triangle; attack = behind the ball)
- Players must pass the ball backwards to a teammate
- If the ball goes out, if there is a forward pass, or penalty (for offside, foul play etc) then there is a free pass.

Safety

- This is non-contact
- Make sure there is space between other groups, solid objects and equipment.

Equipment required

- Balls – mix, including rugby balls. If using rugby balls, think about using sponge balls for KS2 – otherwise size 2 or 3 should be used.
- Cones
- TAG belt per player (optional) – or bibs tucked into shorts

Space required

- From 20m x 15m at year 3 to 60m x 40m at year 6
- Can be played inside or outside on any surface
- Choose a space which is suitable for the participants and will ensure they enjoy it (e.g. use indoor if it's raining or muddy).

Estimated set-up time

- 3 minutes.

Difficulty level



How to make it easier

- After the touch/tag the ball carrier stops and passes (e.g. no 'rip' or 'tackle triangle')
- Allow players to pass forwards and/ or don't punish knock-on's
- Players can continue to run after the first touch/tag (but can't score) but MUST stop on the 2nd touch/tag
- Create unbalanced teams, i.e. play 4 v 3
- Make the playing area wider

How to make it harder

- Introduce an uncontested scrum to restart after a forward pass or knock-on (the non-offending team put the ball in and must win it)
- Introduce an uncontested line out to restart if the ball or a player goes off the pitch (non-offending team throw the ball in and must win it)
- Permit kicking – both to start the game or in open play
- Attacking team have 7 phases to score (1 phase = after touch/tag)

Spirit of the Games



- How did you help a teammate in the game?
- What was your team plan in attack and defence?



- What did the other team / or a player in the other team do well? Did you tell them during the game?
- What can we do to respect the referee? Why is that important?

