WHAT TO DO

1. Organise students into two teams with each student paired with an opponent (of similar ability) to defend.
2. Play starts and re-starts from the half-way line with a tap re-start.
3. The defending team must be at least five metres back from the half-way line.
4. The ball carrier can only be tagged by their partner on the opposite team.
5. The ball carrier must stop, turn and pass to a team-mate when tagged.
6. The aim is to score tries over the try line i.e. the ‘scoring zone’.
7. If the ball rolls over a touch line, an uncontested line-out will take place with the team that throws it back in always winning possession.
8. If the attacking team loses possession e.g. forward pass, a player knocks on or a try is scored, the opposition gets the ball and takes a tap re-start.

TEACHING TIPS

• Once tagged, the ball carrier must stop as quickly as possible, turn and pass to a team-mate. They are not required to return to the mark where they were tagged, but they are not allowed to deliberately run forward to gain ground.

VARIATIONS

• The attacking team only gets a set time to score a try e.g. 60 seconds
• The attacking team gets seven tags to score a try before the opposition gains possession of the ball.

QUESTIONS FOR UNDERSTANDING

• Is playing against ‘one buddy’ the easiest way to defend against an attacking team scoring a try?
• How can attackers create space in this game?

FAIR PLAY OPPORTUNITIES

• In mixed gender classes, at least two girls and two boys need to have caught the ball before a try can be scored.

AUSTRALIAN CURRICULUM LINKS

LEARNING AREA: Health and Physical Education
STRAND: Movement and physical activity
SUB-STRAND: Moving our body, Learning through movement
FOCUS AREAS: Active play and minor games, Fundamental movement skills

SKILLS FOCUS
10 MINS
MATCH PLAY

EQUIPMENT AND SET UP

1. 1 Rugby ball per game
2. Marker cones to define the playing area
3. Team bibs or sashes

TEAMS PLAY A MODIFIED GAME OF TOUCH 7s. OPPONENTS ARE PAIRED UP AND CAN ONLY TAG WHEN THEIR ‘BUDDY’ I.E. THEIR OPPONENT HAS THE BALL. PLAY IN TEAMS OF 4–7