WHAT TO DO

1. Divide students into two equal teams of five to seven players with one ball per team.
2. Form one team into a circle and place the other team at markers around the edge of the grid.
3. On “Go!” students in the circle pass the ball continuously around the circle and count the number of passes made.
4. At the same time, the other team runs a relay around the grid carrying a ball and handing it on to the next player.
5. When the running team completes one round of the relay, they all shout “Stop!”
6. The circle team must stop passing the ball and identify how many number of passes they made around the circle in that time. Write down this figure.
7. The teams change places and the scores for both teams are compared.

TEACHING TIPS

- Have hands up
- Look at the ball
- Give a target

VARIATIONS

- Increase or decrease the size of the circle or grid and number of students.
- If the players in the circle drop the ball, take away points from their score.

QUESTIONS FOR UNDERSTANDING

- When should you time your jump in a lineout?

FAIR PLAY OPPORTUNITIES

- Make sure everyone gets a turn and look for examples of support and encouragement.