

# Tag Rugby

Primary / Secondary

Put your rugby skills to the test with these fun activities, and perhaps you'll be the next Twickenham superstar!

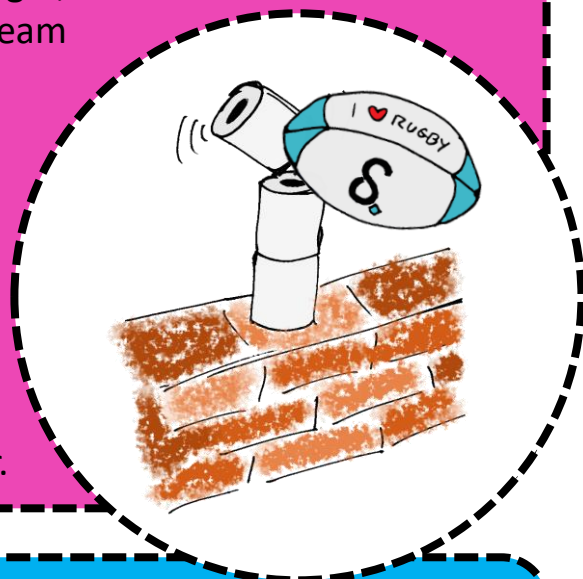
All of these activities are about you doing the very best you can! Try to achieve your personal best and improve each time you have a go. Use items/balls that you are comfortable with and able to throw and catch, and you can move around in a way that is best for you.

## HIT THE TARGET

### You will need:

- a target (plastic bottle / soft toy / toilet roll stack)
- a raised surface to rest the target on
- ball / socks / toilet roll

- Find a safe area for this activity. If you have a garden that will be best.
- Set up your target on a chair, table, wall or other raised surface.
- Take one step or move one metre back from the target.
- Try to position your body side on to the target, as you would if you were passing towards a team mate in rugby.
- Using a rugby style "pass", try to use your ball / socks / toilet roll to hit your target.
- Once you hit the target, you can move back one more step or metre.
- See how many steps or metres you can move back and still hit the target.
- You could do this activity with someone else at home, passing between each other.



## ALL BLACKS SUMMER SKILLS

Check out these YouTube videos of some of the New Zealand All Blacks rugby players showing off their throwing, catching and kicking skills!

**Part 1:** <https://www.youtube.com/watch?v=FjqggcPAViQ>

**Part 2:** <https://www.youtube.com/watch?v=uZx7dxz2CUU>

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## You will need:

- a few long socks or scarves

## TAKE THE TAG

- Find a safe area to do this activity with another person. If you have a garden that is the best space. There should be no obstacles around you and you should have a large enough area as you will move around a bit.
- Both people should create a "tail" with a long sock or scarf by tucking a little bit of it down the back of your shorts/trousers/skirt or attaching it to a part of your chair where it can be reached. This is your tag.
- Start by facing each other about one metre apart and ask someone else to call "TAKE THE TAG!" to start the game.
- The aim is to try to pull the other person's tag from their shorts/trousers/skirt or chair. You must also try to protect your own tag.
- You should try to protect your tag and take the other persons tag only by dodging and moving, trying not to make contact with the other person.
- The winner is the person who takes the tag from the other person first.



Let us know if you enjoyed these activities!  
Tag @SENDactive on Twitter

## You will need:

- ball / socks / toilet roll

## SAME PASS, EVERY TIME...

- Find a safe space with plenty of room around you.
- Start with your ball / socks / toilet roll in two hands and throw it up in to the air as straight as possible.
- As your ball / socks / toilet roll comes back down towards you, try to ensure you are underneath it and able to catch it with both hands.
- Count how many steps or chair adjustments you take before catching the ball / socks / toilet roll.
- Throw your ball / socks / toilet roll in to the air 5 times and add up the total number of steps you took over the 5 throws. Then try another 5 throws and see if you can take less steps or chair adjustments.

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