



What's unique about Touch Rugby?

Designed as a fun game for the whole community to enjoy, Touch Rugby develops fundamental movement skills such as running, passing and catching as well as improving cardiovascular fitness, speed and agility and building strong interpersonal skills, such as communication, teamwork, leadership and creative problem-solving (think chess but with people!). Touch Rugby is now played in over 60 countries globally with the largest number of participants in Australia, where it is now one of the most popular sports in schools and boasts a near 50/50 gender split. The popularity of Touch Rugby is undoubtedly due to its inclusive, accessible and fun nature which uniquely enables young people of all ages, genders and abilities to participate in games together either as a player, referee or coach and develop skills and connections which can last a lifetime.

What is the intent of your format



Improve health and wellbeing (i.e. 60 active minutes)



Engage new/target groups of young people (tackling inequalities)



Championing youth engagement

Touch Rugby can deliver against all School Game intents. Not only is it an inclusive and accessible sport for all ages, genders and abilities to play together, but Touch Rugby also develops key fundamental movement skills such as running, passing and catching, as well as strengthening interpersonal skills such as communication, teamwork and creative problem-solving.

Touch Rugby supports the intents as follows:

- As a sport which will be new to many young people (without gender bias), it provides a level playing field from which all can learn and develop their skills and game understanding, as well as an adaptable format to increase engagement of those who need to be stretched and challenged as well as those who need extra support to enjoy the games
- Needing little equipment (only a ball and a playing area), Touch Rugby is inexpensive to facilitate thereby enabling access to all regardless of socio-economic background
- As a moderate to vigorous physical activity, playing Touch Rugby increases cardiovascular fitness in a fun, team sport environment where everyone engaged in the game is moving all the time – easily enabling 60 active minutes criteria
- Easy to learn to play, coach and officiate, Touch Rugby provides an opportunity for young people to engage in the sport in several different ways simultaneously, developing proficiency and therefore confidence in a wide range of skills

- Touch Rugby has a performance pathway which enables talented young people to have the opportunity to access the game at higher levels and fulfil their potential as players, referees and coaches on the national and international stage.

Target group benefits



All young people

The Touch Rugby School Games formats can be delivered to all young people or can be used to target specific groups of young people using the format adaptations to make the games more accessible for different groups and to engage all of those within the group.

Touch Rugby is a sport for people of all ages, genders and abilities to play together and – with minor adaptations – can allow all young people to play together, as well as one or more types of targeted groups playing together, e.g. SEND students and Alternative Provision students.

The cost of playing within a school environment is not restrictive, as only a ball and some space is required.

It's just not Touch Rugby if you...

- 1 Are not running into space, passing a ball into space or defending space!
- 2 Have not worked together as a team to achieve success.
- 3 Are not being honest and respectful to your teammates, opponents and officials.



ENGLAND TOUCH





Touch Rugby for Secondary Schools

SECONDARY

How to run inter-competition: Touch Rugby Activity Festival



How to set up

The Activity Festival can be set up by creating several different game areas to practice skills and learn rules applicable to Touch Rugby. Increase the number/variety of games and game areas depending on the number of young people getting active. Game areas can be inside or outside, and each game should be 12-15 mins (including game explanation and playing time).

- Set up the games as shown on each activity card
- Set up enough games for the number of young people present (ideally 6-8 per game with 1-2 young leaders per group)
- Allow for 10-15 minutes per activity (including explanation of game and play time)
- Allow 2-minutes at the end of each game to allow young people to think how they would change the game to make it more fun!
- All games should be run at the same time, and each group should rotate to the next game for the duration of the festival (allow 2-minutes between each game for drinking water and movement to the next game)
- Any scoring system should be based on School Games Values and not points
- Touch Rugby Activity Festivals can be delivered as a format on its own or as an introduction to the skills and rules of Touch Rugby and finish with the delivery of the Super 6s Touch Rugby format.



Age group

KS3 (11-14-year-olds)
KS4 (14-16-year-olds)



Gender

Mixed



Participant numbers

8+

Increase the number of activities offered for larger numbers.



Target audience

For All

See adaptations to engage young people or for those with SEND.

The Touch Rugby Activity Festival allows young people to learn each skill or multiple skills in a simple game format with rules which can be progressed as both skills and game understanding improves. All games are designed to be fun and to encourage creative problem solving and constant movement.



Benefits for YP

Skills development:

- Running
- Catching
- Passing

Personal skills development:

- Communication
- Teamwork
- Problem-solving
- Honesty
- Leadership

Physical activity benefits:

- Moderate to vigorous physical activity – important for improving heart health
- Oxygenated brain to support learning post-exercise.

Social skills development:

- New sport levels the playing field as all learning and developing together
- Opportunity for young people of different ages, genders, socio-economic and ethnic backgrounds to participate together.





Touch Rugby for Secondary Schools

SECONDARY



Roles for YP

Young people can be used to deliver the format in every way:

- teaching the rules of each game
- demonstrating how to play
- coaching the skills and giving feedback on how to improve
- officiating the games
- organising/managing the teams and fixtures
- recording which young people and teams are demonstrating the best School Games values
- being role models to all the young people playing the games.



Progression

The Activity Festival enables young people to focus on a particular skill or rule of the game and practice/learn this before adding in all the different skills and game elements. This enables the young person to develop understanding at a slower pace and engrain each skill and rule before moving onto the next game area and learning a different skill and rule.





Touch Rugby for Secondary Schools

SECONDARY

How to run inter-competition: Super 6s Touch Rugby



How to set up

Super 6s is an inclusive version of Touch Rugby designed to introduce beginner players of all ages, genders and abilities to the sport. Super 6s can be played indoors or outdoors on a playing area of varying sizes based on the number of young people per team. It is always better to increase the size of the playing area, if possible, to encourage more movement and increase spatial awareness. Each game should be at least 12-15 minutes of playing time (including game explanation and playing time)

- Set up the game area as shown on the Super 6s activity card. Set up multiple game areas for teams to play at the same time
- Each game area should have 12-14 players (6-a-side with subs) and 1-2 young leaders
- Allow for 10-15 minutes per game (including explanation of game and play time)
- Allow 2-minutes at the end of each game to allow young people to think how they would change the game to make it more fun!
- All games should be run at the same time, and each team should have the same number of games
- Any scoring should be based on School Games Values and not points.



Age group

KS3 (11–14-year-olds)
KS4 (14–16-year-olds)



Gender

Mixed



Participant numbers

8+

Increase the number of activities offered for larger numbers.



Target audience

For All

See adaptations to engage young people or for those with SEND.

Super 6s was designed to introduce young people of all ages, genders and abilities to Touch Rugby. Elements of the main game, such as passing backwards and being onside were removed to increase accessibility and promote inclusion and engagement.



Benefits for YP

Skills development:

- Running
- Catching
- Passing

Personal skills development:

- Communication
- Teamwork
- Problem-solving
- Honesty
- Leadership

Physical activity benefits:

- Moderate to vigorous physical activity – important for improving heart health
- Oxygenated brain to support learning post-exercise.

Social skills development:

- New sport levels the playing field as all learning and developing together
- Opportunity for young people of different ages, genders, socio-economic and ethnic backgrounds to participate together.

Tactical Game Understanding:

- Creative problem-solving
- Opportunity to test tactics
- Resilience.





Touch Rugby for Secondary Schools

SECONDARY



Roles for YP

Young people can be used to deliver Super 6s in every way:

- teaching the rules of each game
- demonstrating how to play
- coaching the skills and giving feedback on how to improve
- officiating the games
- organising/managing the teams and fixtures
- recording which young people and teams are demonstrating the best School Games values
- being role models to all the young people playing the games.



Progression

Super 6s enables young people to put into practice – in a larger game – all the skills and rules they have been learning and practising in the Activity Festival. The format of the game can be adapted to the learning needs of the young people and can be adapted and progressed once the required level of skill and game understanding has been reached.





Touch Rugby for Secondary Schools

SECONDARY

How to run inter-competition: Touch Rugby Schools Festival



How to set up

Touch Rugby Schools Festival is a fun team game which can be played on a pitch of varying sizes based on the number of young people per team. It is always better to increase the size of the playing area, if possible, to encourage more movement and increase spatial awareness. Each game should be at least 12-15 minutes of playing time (including game explanation and playing time).

- Set up the game areas as shown on the Touch Rugby activity card. Set up multiple game areas for teams to play at the same time
- Each game area should have 12-24 players (6-a-side with subs in a ratio of 1:1 per team) and 1-3 young leaders
- Allow for 10-15 minutes per game (including explanation of game and play time)
- Allow 2-minutes at the end of each game to allow young people to think how they would change the game to make it more fun!
- All games should be run at the same time, and each team should have the same number of games
- Any scoring should be based on School Games Values and not points.



Age group

KS3 (11–14-year-olds)
KS4 (14–16-year-olds)



Gender

Mixed



Participant numbers

8+

Increase the number of activities offered for larger numbers.



Target audience

For All

See adaptations to engage young people or for those with SEND.

Touch Rugby Schools Festival includes options to count any skills or rule “error” as 1 of the 6 touches, thereby giving young people the opportunity to replay “errors” and learn the rules and practice the skills in a game scenario without worrying about losing possession of the ball for their team.



Benefits for YP

Skills development:

- Running
- Catching
- Passing

Personal skills development:

- Communication
- Teamwork
- Problem-solving
- Honesty
- Leadership

Physical activity benefits:

- Moderate to vigorous physical activity – important for improving heart health
- Oxygenated brain to support learning post-exercise.

Social skills development:

- New sport levels the playing field as all learning and developing together
- Opportunity for young people of different ages, genders, socio-economic and ethnic backgrounds to participate together.

Tactical Game Understanding:

- Creative problem-solving
- Opportunity to test tactics
- Resilience.





Touch Rugby for Secondary Schools

SECONDARY



Roles for YP

Young people can be used to deliver the format in every way:

- teaching the rules of each game
- demonstrating how to play
- coaching the skills and giving feedback on how to improve
- officiating the games
- organising/managing the teams and fixtures
- recording which young people and teams are demonstrating the best School Games values
- being role models to all the young people playing the games.



Progression

Touch Rugby in this format enables young people to play the game they will see at community clubs in its simplest form with lots of opportunities to replay any skills or rule “errors” initially before bringing in more rules which are closer to the community game when the skills competency and rules understanding is at the right level and the young people need more challenge.





Additional support

Touch Rugby is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each Special Educational Needs and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each National Disability Sport Organisation. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

Physical Literacy

We have designed these formats with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

For further support, look to the Physical Literacy Enactment Guide - Community, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.

NGB regional contacts

If you are looking for some additional support or guidance all enquiries can be directed to: schools@englandtouch.org.uk

Regional contacts can be found via [this link](#), and are able to provide the following support:

- Delivering training to teachers and young leaders on how to develop a Touch Rugby Programme at your school
- Additionally, courses and CPD workshops can be delivered to further empower teachers and young leaders to deliver Touch Rugby within the school environment
- Support could also involve coaching directly to young people and facilitating intra and inter-school competitions.

Personal development

- Whilst England Touch's courses are available to book online via England Touch's website, it is better for schools to email schools@englandtouch.org.uk, as schools may be able to access funding or a discount for these courses. See below for details of the courses online
- Coaching Courses (usually £85), [look here](#)
- Refereeing Courses (usually £25), [look here](#)
- Primary School Teachers:
 - Online "Teaching Touch Rugby in Schools" workshops - FREE
 - In person "Teaching Touch Rugby in Schools" workshops – usually £30 per person
 - CPD Workshops on specific technical/tactical game areas – bespoke workshops so varied costs
- Young Leaders:
 - In person Young Leaders Course – usually £20
 - Online/In Person Level 1 Coaching Course – usually £68
 - Online/In Person Level 1 Refereeing Course – usually £25.





Touch Rugby for Secondary Schools

SECONDARY

Where to participate next?

- Touch Rugby is growing across England and there are many Community Clubs which now offer touch rugby activity for young people. [Click on this link](#) to find your local Community Club and contact them directly to find out if they offer touch rugby activity for young people
- To find out more about England Touch Junior Membership, [click this link](#)
- If there is no Community Club which offers touch rugby activity for young people locally, there are also the following options:
 - Regional Junior Activity: each of the six England Touch regions offers touch rugby activity for young people. [Click here](#) for more information
 - Local Community Leagues: some local leagues offer touch rugby games for young people to play in. [Click here](#) for more information
 - Junior Touch Cup: it is possible to enter these weekend competitions individually and join an existing team. [Click here](#) for more information, or contact paul@in2touch.com.

Where to compete next?

- **Inter-school Touch Rugby Festival Activity:** contact your SGOs for Activity Festival details
- **Inter-School Touch Rugby Local, Regional & National Schools Competitions:** England Touch Association have partnered up with Try Sports to support the delivery of local, regional and national schools competitions, schools coaching and schools courses. [Click here](#) for more information or contact dom@try-sports.com
- **Inter-school Touch Rugby Leagues:** visit [England Touch's website](#) to see if any youth leagues are operating near to your school or email schools@englandtouch.org.uk for information
- **Inter-School Touch Rugby Competitions (Weekends):** England Touch have partnered up with [In 2 Touch](#) to deliver the Junior Touch Cups (North, South and National) and primary schools can take part in this event if they are able to attend competitions taking place at the weekend. [Click here](#) for more information, or contact paul@in2touch.com
- **Performance Pathways:** at all of England Touch's talent identification events, there will be regional and national squad coaches identifying talented young people for regional and national squads. There are six regions in England which compete against each other at Junior Nationals in August annually, as well as the **England National Youth Squads (Boys, Girls and Mixed)** which compete in annual international competitions, earning international caps and honours. There is also the **Centre of Excellence** which sits between the National and Regional Squads in the Performance Pathway and is delivered by Try Sports. Bursaries are available for talented athletes who have financial barriers to representation.





Why Touch Rugby for your school?

Touch Rugby is relatively new to schools in the UK but is growing rapidly due to its inclusive, accessible and fun format, which is free from gender bias and promotes both social cohesion and respect within schools. Young people of all ages, genders and abilities can play Touch Rugby together and adaptations can be easily made for young people with SEND. Not only does Touch Rugby equip young people with key fundamental movement skills (run, catch/pass), and improved physical health (due to moderate to vigorous cardiovascular activity), but it also enables young people to develop strong interpersonal skills (communication, teamwork and problem-solving skills - think chess but with people!).

The Touch Rugby Activity Festival format enables young people to practice each skill and learn the rules in small games before bringing the core skills and key rules together in a simplified game format: Super 6s Touch Rugby. In this format, some of the traditional elements of “rugby” based rules have been removed, such as passing “backwards” and being “onside” to support inclusion and enhance engagement, especially for young people who have never previously experienced rugby-based sports. Once young people have more developed skills and game understanding, they will be ready to play the Touch Rugby Schools Festival format, which is very similar to the Touch Rugby Community Game. Schools which already have an established Rugby Programme may wish to jump straight to this format.

How to use activities in curriculum time

For more resources, lesson plans and videos which could be used during curriculum time as a resource which would enhance the delivery of these formats, click on the links below:

- For schools new to Touch Rugby, FREE lesson outlines, plans and videos for Secondary Schools can be found by [clicking this link](#)
- Further support for Super 6s, can be found by [clicking this link](#)
- Further support for Touch Rugby Schools Festival Format, can be found by [clicking this link](#)
- For schools with established rugby programmes, priority touch lesson, rules and exercises booklet, can [be found here](#)
- Any questions, email schools@englandtouch.org.uk.

Additional support

Touch Rugby is a fully inclusive sport. To support you adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each Special Educational Needs and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each National Disability Sport Organisation. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.





Physical Literacy

These formats and activities have been designed with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

Thrive isn't a checklist – it's a lens to help you sense check quality and inclusion, so consider the following when choosing which format to deliver and how it supports your young people to have a positive experience with physical activity:

- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and included to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

For further support, look to the Physical Literacy Enactment Guide - Education, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.

If you are looking for some additional support or guidance all enquiries can be directed to: schools@englandtouch.org.uk

- What support can be offered?
 - Delivering training to teachers and young leaders on how to develop a Touch Rugby Programme at your school
 - Additionally, courses and CPD workshops can be delivered to further empower teachers and young leaders to deliver Touch Rugby within the school environment
 - Support could also involve coaching directly to young people and facilitating intra-school competitions. Teachers can also access England Touch's Schools WhatsApp Group to network and arrange fixtures with other schools
- Free Schools Membership to England Touch, [click this link](#) to sign up.

Personal development

- Whilst England Touch's courses are available to book online via England Touch's website, it is better for schools to email schools@englandtouch.org.uk, as schools may be able to access funding or a discount for these courses. See below for details of the courses online
- **England Touch Qualifications:**
 - Touch Rugby Coaching Courses (normally £85 for Level 1), [look here](#)
 - Touch Rugby Refereeing Courses (normally £25 for Level 1), [look here](#)
 - Safeguarding in Touch Rugby Courses (normally FREE)
- **Secondary School Teacher Workshops:**
 - Online "Teaching Touch Rugby in Schools" workshop – FREE
 - In person "Teaching Touch Rugby in Schools" workshops (normally £30 per person)
 - CPD Workshops on specific technical/tactical game areas (bespoke courses – variable costs)
- **Young Leaders:**
 - In person Young Leaders Course – (normally £20 per person)
 - Online/In Person Level 1 Coaching Course (normally £68 per person)
 - Online/In Person Level 1 Refereeing Course (normally £25 per person).





Where to participate next?

- Touch Rugby is growing rapidly across England and there are many Community Clubs which now offer touch rugby activity for young people (in mixed age/gender sessions or bespoke youth sessions). Click on this link to find your local Community Club and contact them directly to find out if they offer touch rugby activity for young people
- To find out more about England Touch Junior Membership, [click this link](#)
 - If there is no Community Club which offers touch rugby activity for young people locally, there are also the following options:
 - **Regional Junior Activity:** each of the six England Touch regions offers touch rugby activity for young people. Click here for [more information](#)
 - **Local Community Leagues:** some local leagues offer touch rugby games for young people to play in. [Click here](#) for more information
 - **Junior Touch Cup:** it is possible to enter these weekend competitions individually and join an existing team. [Click here](#) for more information, or contact paul@in2touch.com.

Where to compete next?

- **Inter-school Touch Rugby Festival Activity:** contact your SGOs for Activity Festival details
- **Inter-School Touch Rugby Local, Regional & National Schools Competitions:** England Touch Association have partnered up with Try Sports to support the delivery of local, regional and national schools competitions, schools coaching and schools courses. [Click here](#) for more information or contact dom@try-sports.com
- **Inter-school Touch Rugby Leagues:** visit [England Touch's website](#) to see if any youth leagues are operating near to your school or email schools@englandtouch.org.uk for information
- **Inter-School Touch Rugby Competitions (Weekends):** England Touch have partnered up with [In 2 Touch](#) to deliver the Junior Touch Cups (North, South and National) and primary schools can take part in this event if they are able to attend competitions taking place at the weekend. [Click here](#) for more information, or contact paul@in2touch.com
- **Performance Pathways:** at all of England Touch's talent identification events, there will be regional and national squad coaches identifying talented young people for regional and national squads. There are six regions in England which compete against each other at Junior Nationals in August annually, as well as the **England National Youth Squads (Boys, Girls and Mixed)** which compete in annual international competitions, earning international caps and honours. There is also the **Centre of Excellence** which sits between the National and Regional Squads in the Performance Pathway and is delivered by Try Sports. Bursaries are available for talented athletes who have financial barriers to representation.





Touch Rugby for Schools

SECONDARY

How to run intra-competition: Touch Rugby Activity Festival



How to set up

Touch Rugby Activity Festival allows young people to learn each skill or multiple skills in a simple game format with rules which can be progressed as both skills and game understanding improves. All games are designed to be fun and to encourage creative problem solving and constant movement.

- Set up the games as shown on each activity card
- Set up enough games for the number of young people present (ideally 6-8 per game with 1-2 young leaders per group)
- Allow for 10-15 minutes per activity (including explanation of game and play time)
- Allow 2-minutes at the end of each game to allow young people to think how they would change the game to make it more fun!
- All games should be run at the same time, and each group should rotate to the next game for the duration of the festival (allow 2-minutes between each game for drinking water and movement to the next game)
- Any scoring system should be based on School Games Values and not points
- Touch Rugby Activity Festivals can be delivered as a format on its own or as an introduction to the skills and rules of Touch Rugby and finish with the delivery of the Super 6s Touch Rugby format.



Age group

KS3 (11–14-year-olds)
KS4 (14–16-year-olds)



Gender

Mixed



Participant numbers

8-30

Skills zones of up to eight young people work well – numbers can be increased or decreased according to the space available and number of young people involved in the Touch Rugby Activity Festival.



Target audience

For all.

See adaptations to engage young people or for those with SEND.

Touch Rugby Activity Festival supports an inclusive approach to physical activity, enabling young people of all ages, genders and abilities to try a wide range of activities, developing core movement skills and developing game understanding.



Benefits for YP

Young people will:

- **Skills Development:** run, catch and pass
- **Personal Development:** communication, leadership, and tactical problem-solving
- **Social Development:** developing connections with other young people, learn respect and teamwork
- **Emotional Development:** have fun, focus on being in the moment and experience the joy of movement and playing mixed team sport.



Roles for YP

Young people can be used to deliver the format in every way:

- Setting up the different game areas
- Explaining the rules of each game and the skills used
- Demonstrating how to play the games
- Coaching how to improve skills during the games
- Officiating the games
- Managing the timings
- Recording which young people and which teams are demonstrating the best School Games values
- Being role models to all the young people playing the games
- Reflecting on their own experiences and what insights they can share to new young leaders.



Progression

Touch Rugby Activity Festival can be used to give all young people the opportunity to participate, develop skills, learn new games and enhance friendships.

Intra-school competition should not be used to select young people for inter-school activity.





Touch Rugby for Schools

SECONDARY

How to run intra-competition: Super 6s Touch Rugby



How to set up

Super 6s Touch Rugby format allows young people to put the skills and rules they have learnt in the Touch Rugby Activity Festival into a simple game format. The focus of this format is inclusion and engagement and there are adaptations that can be made to the game to support this intention.

- Set up the game area as shown on the Super 6s activity card. Set up multiple game areas for teams to play at the same time
- Each game area should have 12-14 players (6-a-side with subs) and 1-2 young leaders
- Allow for 10-15 minutes per game (including explanation of game and play time)
- Allow 2-minutes at the end of each game to allow young people to think how they would change the game to make it more fun!
- All games should be run at the same time, and each team should have the same number of games
- Any scoring should be based on School Games Values and not points.



Age group

KS3 (11–14-year-olds)
KS4 (14–16-year-olds)



Gender

Mixed



Participant numbers

6-12

Games of 6 v 6 work well in terms of engagement –numbers can be increased or decreased according to the space available. Multiple game areas can operate simultaneously.



Target audience

For all.

See adaptations to engage young people or for those with SEND.

Super 6s Touch Rugby supports an inclusive approach to physical activity, enabling young people of all ages, genders and abilities to participate and develop skills and game understanding into an inclusive game which also improves physical health and develops personal and social skills.



Benefits for YP

Young people will:

- **Skills Development:** run, catch and pass
- **Personal Development:** communication, leadership, tactical problem-solving and resilience in a more competitive game environment
- **Social Development:** developing connections with other young people, learn respect and teamwork
- **Emotional Development:** have fun, focus on being in the moment and experience the joy of movement and playing mixed team sport.



Roles for YP

Young people can be used to deliver the format in every way:

- Setting up the different game areas
- Explaining the rules of each game and the skills used
- Demonstrating how to play the games
- Coaching how to improve skills during the games
- Officiating the games
- Managing the timings
- Recording which young people and which teams are demonstrating the best School Games values
- Being role models to all the young people playing the games
- Reflecting on their own experiences and what insights they can share to new young leaders.



Progression

Super 6s Touch Rugby can be used to give all young people the opportunity to participate, develop skills, learn new games and enhance friendships.

Intra-school competition should not be used to select young people for inter-school activity.





Touch Rugby for Schools

SECONDARY

How to run intra-competition: Touch Rugby Schools Festival



How to set up

Touch Rugby Schools Festival format allows young people to experience a similar format to what is offered in a community club setting with adaptations to facilitate learning.

- Set up the game areas as shown on the Touch Rugby activity card. Set up multiple game areas for teams to play at the same time
- Each game area should have 12-24 players (6-a-side with subs in a ratio of 1:1 per team) and 1-3 young leaders
- Allow for 10-15 minutes per game (including explanation of game and play time)
- Allow 2-minutes at the end of each game to allow young people to think how they would change the game to make it more fun!
- All games should be run at the same time, and each team should have the same number of games
- Any scoring should be based on School Games Values and not points.



Age group

KS3 (11-14-year-olds)
KS4 (14-16-year-olds)



Gender

Mixed



Participant numbers

12-24

Games of 6 v 6 work well in terms of engagement – numbers can be increased or decreased according to the space available. Multiple game areas can operate simultaneously.

It is recommended to have larger team sizes for this format, as the playing area is larger and players can interchange continuously throughout games.



Target audience

For all.

See adaptations to engage young people or for those with SEND.

Touch Rugby Schools Festival supports an inclusive approach to physical activity, enabling young people of all ages, genders and skills to participate and develop skills and game understanding in a format which improves physical health and stretches and challenges young people, strengthening personal and social skills.



Benefits for YP

Young people will:

- **Skills Development:** run, catch and pass
- **Personal Development:** communication, leadership, tactical problem-solving and resilience in a more competitive game environment
- **Social Development:** developing connections with other young people, learn respect and teamwork
- **Emotional Development:** have fun, focus on being in the moment and experience the joy of movement and playing mixed team sport.



Roles for YP

Young people can be used to deliver the format in every way:

- Setting up the different game areas
- Explaining the rules of each game and the skills used
- Demonstrating how to play the games
- Coaching how to improve skills during the games
- Officiating the games
- Managing the timings
- Recording which young people and which teams are demonstrating the best School Games values
- Being role models to all the young people playing the games
- Reflecting on their own experiences and what insights they can share to new young leaders.



Progression

Touch Rugby can be used to give all young people the opportunity to participate, develop skills, learn new games and enhance friendships.

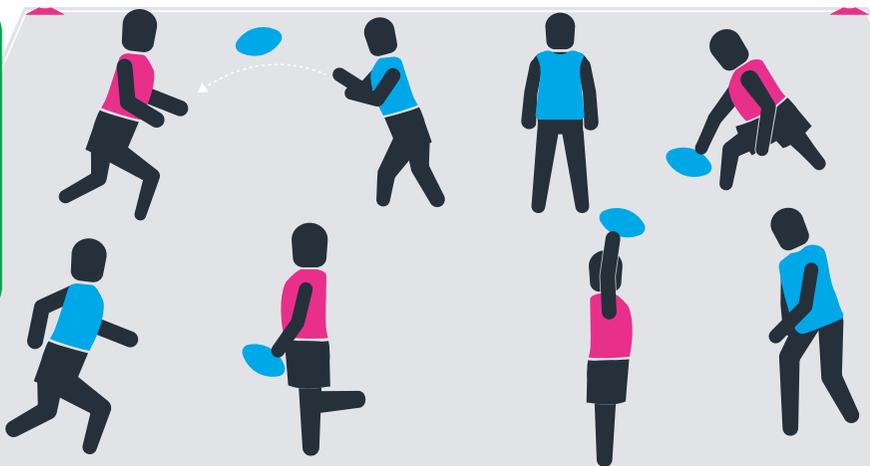
Intra-school competition should not be used to select young people for inter-school activity.





Move-Action-Pass (Skills: Passing, Catching & Ball Familiarisation)

SECONDARY



How to play

- Either everyone in a big space or up to eight players in each smaller grid
- Ask the players to move around the grid in different ways (walking, jogging, running, skipping, hopping, jumping, etc)
- Give half of the players a ball
- Ask the players to complete actions when they have the ball, for example:
 - Throw the ball up and catch it (high pass)
 - Throw the ball up, clap and catch it (clap catch)
 - Move the ball around your waist (round the world)
 - Move the ball around each leg (figure of 8)
 - Tap the ball on the ground (score a try)
 - Tap the ball on your fingers 10 times (finger taps)
- Once players complete an action, ask them to pass the ball to another player in different ways, for example:
 - Pass the ball in the air a short distance (pop pass)
 - Pass the ball below the knees (low pass)
 - Pass the ball high up (overhead high pass)
 - Place it down on the ground between your feet and step over it (roll ball) – another player must pick it up
 - Roll the ball on the ground (observe how it moves!)
 - Tap it with your foot along the ground (grubber kick)
- Ask the players to be creative and think of what other ways they can:
 - move around the grid
 - pass the ball to another player.
 - perform an action

How to make it easier

- Perform the actions standing still
- Slow the game down to walking pace
- Use a larger round ball (easier to catch).

How to make it harder

- Speed the game up to running pace
- Perform the actions whilst running
- Remove all balls except two and ask the players holding the balls to chase the other players and if they catch them, they have to “freeze” until another “unfrozen” player gives them a “high 5” to free them (like the game “stuck in the mud”).

How to make it more inclusive

- Use a range of balls – different sizes, colours and textures (sensory).
- “LOW ROLLER”: give a player the superpower to roll the ball or gently tap the ball along the ground with their foot to create more opportunities for successful “passes” for players who are still developing their pass/catch skills.

Safety

- Ensure enough space for the young people to move between each other freely without making contact
- Make sure there is space between any groups, solid objects and other equipment to prevent collisions.

Equipment required

- Balls – ideally size 4 rugby balls or any ball will do
- Cones

Space required

- 10mx10m – if this space is not available, reduce playing numbers (can be one big space or several grids in the same area)
- Can be played inside or outside on any surface (consider the weather conditions to maximise enjoyment of the game).

Estimated set-up time

- 3 minutes.

Difficulty level



Spirit of the Games



- Which actions could you not perform on your first attempt but managed to achieve after more attempts?
- Why is regularly practicing skills important?



- Which actions did you feel the most confident performing?
- How can believing in your skills help you when you are playing Touch Rugby?



ENGLAND TOUCH





5 Passes (Skills: Passing & Catching)

SECONDARY



How to play

- Split players into two teams and give bibs to one team
- One team starts with the ball (“Attackers”) and tries to achieve five successful (caught) passes as quickly as they can to receive one point. Once a team has received one point, the other team (“Defenders”) receive possession of the ball and become attackers
- Passes can be in any direction, but the ball carrier cannot move with the ball, only the other Attackers can move and try and find space in the playing area
- If the ball (or ball carrier) goes out of the playing area or the defenders intercept the ball (catch it in the air) then there is a turnover of possession, and the other team can start passing and catching the ball to achieve one point
- If the ball is dropped, either team can pick it up and if two players pick it up at the same time, there will be a game of “rock, paper, scissors” to determine possession
- Defenders can mark attackers (netball style) but must be at least one metre away (to give the ball carrier space to pass).

Safety

- Ensure enough space for the young people to move between each other freely without making contact
- Make sure there is space between any groups, solid objects and other equipment to prevent collisions.

Equipment required

- Balls – ideally size 4 rugby balls or any ball will do
- Cones
- Bibs

Space required

- 15x15m - if this space is not available, reduce playing numbers (can be one big space or several grids in the same area)
- Can be played inside or outside on any surface (consider the weather conditions to maximise enjoyment of the game).

Estimated set-up time

- 3 minutes.

Difficulty level



How to make it easier

- Players without the ball can only walk
- The ball-carrier can move with the ball to find team-mates in space to pass to
- All passes must be under head height (easier to catch and encourages rugby-style passing)
- Use a large round ball (easier to catch).

How to make it harder

- Dropped balls result in a change in possession (as pass-catch skill levels improve)
- The ball carrier must pass the ball within three seconds (time pressure)
- Players cannot pass back to the player who passed the ball to them (scan early for other options)
- Increase the number of completed passes to 10 (double the challenge)
- Once five (or 10) passes have been completed, the player with the ball must run to the closest line of cones and “Score a Try” (tap the ball on the ground) without being caught by a defender (Grace’s game).

How to make it more inclusive

- **SUPER TOUCH:** give a player on each team the superpower of “SUPER TOUCH” so that they can win back possession for their team if they make a touch on the ball carrier (Louis’s game)
- **SHRINK:** give a player the superpower to “SHRINK” a Defender (who has to crouch down) so that they can easily pass the ball over them (Neela’s game)
- If play has gone static or you notice a player is not as engaged as others, pass a different ball into the game and say that this is now the “live” ball and remove the other ball from the game.

Spirit of the Games



- How did the team with the ball work together to successfully make five or 10 passes in a row?
- How did the team without the ball work together to successfully stop the team with the ball making five or 10 passes in a row?



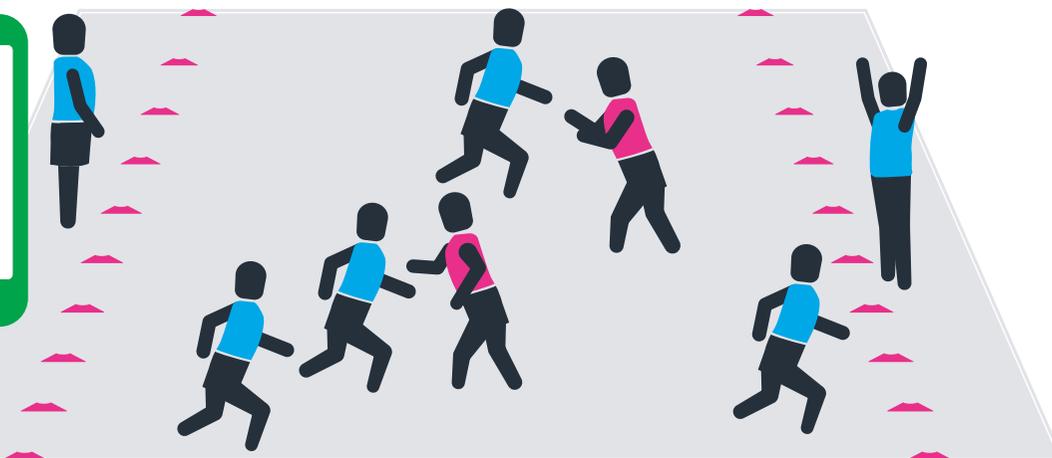
- How does it feel when people listen to you?
- How can we ensure everyone is heard and feels included in this game?





Dodge the Defenders (Skills: Evasive Running & Scoring Tries)

SECONDARY



How to make it easier

- Reduce the pace/intensity of the game by making all players walk
- Reduce the size of the playing area (to make it easier for the defenders)
- Increase the width of the pitch and decrease the length (to make it easier for the attackers).

How to make it harder

- Give the attackers a ball each, which they have to score a try with at the other end of the playing area to be "safe" from the defenders. If they get caught, they must throw the ball away and join the defenders
- Split the attackers into pairs and give one ball to each pair. Defenders can only make touches on attackers with the ball, so the attackers must pass the ball to each other and get to the other side without being caught by a defender. The ball can be in any direction to start with and progress to passing sideways/backwards rugby-style later. If caught by a defender, both attackers become defenders
- Reduce the playing area or increase the number of defenders at the start of the game
- Give the attackers a time limit to reach the other side of the river (time pressure).

How to make it more inclusive

- Defenders can start closer to the line of attackers
- Create a "safe" zone or zones for players to move to inside the playing area so they don't have to run the length of the playing area in one go (like stepping stone)
- **INVISIBLE:** give an attacker the power to be "INVISIBLE" so that they can move for five (or 10 unlimited) steps without anyone being able to catch them
- **FREEZE:** give an attacker the power to "FREEZE" a defender for three seconds. Decide how many times they can use this superpower
- **SHIELD:** give an Attacker the superpower to "SHIELD" themselves from the first touch so they must be caught by two separate defenders before they have to become a defender.

How to play

- Two players start 10m back from one end ("Defenders") and the rest of the players stand behind the line of cones denoting the width of the pitch ("Attackers")
- On the command "Go!", the attackers must run from one end to the other end of the playing area without being caught by the defenders. Once they cross the line on the over side, they are "safe"
- If any attackers are caught (one handed catch/touch, emphasise no pushing), they become a defender too
- Continue the game until all the attackers have been caught
- The last two attackers caught then become the new defenders and the game can start again.

Safety

- Ensure enough space for the young people to move between each other freely without making contact
- Make sure there is space between any groups, solid objects and other equipment to prevent collisions.

Equipment required

- Balls – ideally size 4 rugby balls or any ball will do
- Cones
- Bibs

Space required

- 15x15m - if this space is not available, reduce playing numbers (can be one big space or several grids in the same area)
- Can be played inside or outside on any surface (consider the weather conditions to maximise enjoyment of the game).

Estimated set-up time

- 3 minutes.

Difficulty level



Spirit of the Games



- Why is it important to be honest in this type of game?
- What does honesty look like if you are a defender?



- Did you find this game easy, or did you have to overcome any challenges? How did you achieve this?
- How could you help someone else to overcome challenges in this game?





Breakout (Skills: Evasive Running & Scoring Tries)

SECONDARY



How to make it easier

- Make the playing area smaller (to make it easier for the attackers) or larger (to make it easier for the defenders)
- The attackers must walk (to make it easier for the defenders) or the defenders must walk (to make it easier for the attackers)
- Put lots of balls of all kinds into the small circle and ask the attackers to try and move all the balls (one at a time or as many as they can carry) from the small circle to the scoring zone without being caught by the defenders (David's game!)
- Do only one easy exercise during the "recharging" phase of the game.

How to make it harder

- Increase the size of the large circle to give the defenders longer to chase attackers
- Increase the number or difficulty of exercises during the "recharging" phase of the game
- Have different scoring zones attracting different points for scoring tries there (Silas's game)
- Reverse the game so that the attackers start outside the large circle and have to score tries in the small circle (Noush's game)
- Every time a defender catches an attacker, they must throw their ball away and become a defender too (Jacob's game).

How to make it more inclusive

- **SECRET AGENT:** secretly give an Attacker the power of "SECRET AGENT" so that any tries they score count as double
- **INVISIBILITY:** give an Attacker the power of "INVISIBILITY" so they can move five steps without anyone being able to catch them. You can say they can only use this superpower X number of times.

How to play

- Divide players into two teams and give different coloured bibs to each team
- Create a small circle of cones (fives metres wide) and a larger circle of cones around the small circle (10-15m wide depending on number of players) – a bit like the sun and outer space!
- The "Attackers" start inside the small circle with a ball each and the "Defenders" start inside the larger circle
- The defenders can only move around inside the larger circle but the attackers can move between all of the playing areas
- On the command "Go!", the attackers must break out of the small circle and "Score a Try" (place the ball down with control/pressure) outside the large circle of cones in the "Scoring Zone" without being caught (one handed touch) by a defender
- If caught by a defender or after scoring a try, attackers must "recharge" in the small circle by doing certain exercises before they can score a try again. Examples of exercises include those used in the Ball Familiarisation activity such as five clap catches or five round the waist with the ball, etc.
- Players should see how many tries they can score in a set amount of time individually and count tries scored together as a team.

Estimated set-up time

- 3 minutes.

Difficulty level





Breakout (Skills: Evasive Running & Scoring Tries)

SECONDARY

Safety

- Ensure enough space for the young people to move between each other freely without colliding
- Make sure there is space between any groups, solid objects and other equipment to prevent collisions
- Make sure players have enough room to run into space.

Equipment required

-  Balls – ideally size 4 rugby balls or any ball will do
-  Cones

Space required

- 15x15m – if this space is not available, reduce playing numbers (can be one big space or several grids in the same area)
- Can be played inside or outside on any surface (consider the weather conditions to maximise enjoyment of the game).

Spirit of the Games



- When you were an attacker, how many attempts did it take you to reach the Scoring Zone?
- When you were a defender, how did you try and stop attackers from reaching the Scoring Zone?



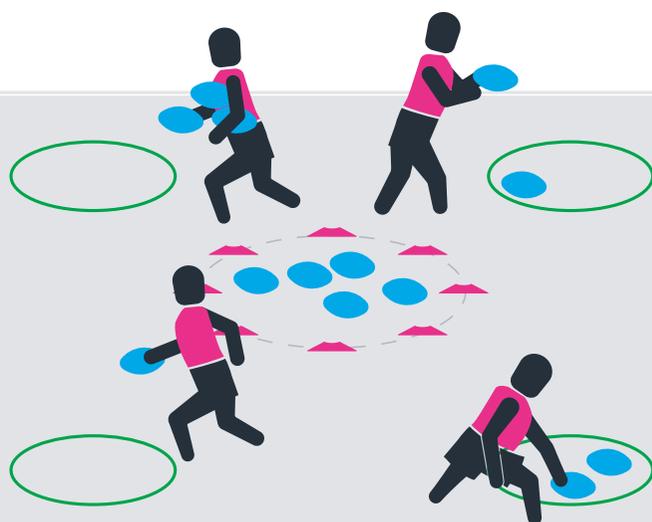
- Can you name the natural shield in Earth's atmosphere which is made up of gasses and absorbs the sun's harmful radiation to protect life on earth? Answer: OZONE LAYER
- What can you do in your own environment to help protect the planet?





Scoop-Pass-Score (Skills: Scooping, Half-Passing & Catching)

SECONDARY



How to play

- Set up a large circle of cones and place the balls inside the circle
- Split the players into pairs and ask them to stand in hoops around the circle (approximately 5m away). If you don't have hoops, create small circles using cones (in different colours, if possible, to help the students identify/remember which circle is theirs)
- **Round 1:** On the command "Go!", one player must leave the hoop, run to the circle, scoop up a ball, run back and place it in their hoop ("to score a try"). Once they have "scored a try", the other player in their team can leave the hoop and repeat the same actions. The pair keep tag teaming and scooping until all the balls have gone from the big circle
- **Round 2:** On the command "Go!", ask the players to repeat the game but this time they must get all the balls back to the circle from their hoops (reverse the game)
- **Round 3:** On the command "Go!", one player must leave the hoop, run to the circle and pass the ball back to their team-mate who must "score a try" with it. The players then swop and the other player runs to the circle and passes the ball back to the player in the hoop. The players keep tag teaming until all the balls have gone from the circle
- **Round 4:** On the command "Go!", ask the players that they have 1-minute to "steal" the balls from the other hoops (they can either take only one at a time for this round, but you can progress to taking as many as they can carry in the next round)
- Ask the players to count the balls in their hoop at the end of each game.

How to make it easier

- Bring the hoops closer to the circle
- Use large round balls (easier to catch)
- Ask all players to walk, not run, when moving between the hoop and the circle.

How to make it harder

- Move the hoops further away from the circle
- Use small balls (more difficult to catch)
- Ask all players to skip, hop or jump (or spin the ball around their body) when moving between the hoop and the circle
- Encourage rugby style sideways passes straight from the ground (half-pass).

How to make it more inclusive

- Give a pair of players the power to move their hoop closer to the circle
- Give a pair of players the power for their balls to count as double at the end of a round
- Allow a pair of players the power to roll the ball to each other if they are still developing their pass/catch skills
- Allow one player in a pair to do all the running if the other player is less mobile. The less mobile player can complete actions (clap catches, etc) in the hoop instead.

Estimated set-up time

- 3 minutes.

Difficulty level





Scoop-Pass-Score (Skills: Scooping, Half-Passing & Catching)

SECONDARY

Safety

- Ensure enough space for the young people to move between each other freely without colliding
- Make sure there is space between any groups, solid objects and other equipment to prevent collisions.

Equipment required

-  Balls – ideally size 4 rugby balls or any ball will do
-  Cones  Large Hoops (if available)

Space required

- 15x15m – if this space is not available, reduce playing numbers (can be one big space or several grids in the same area)
- Can be played inside or outside on any surface (consider the weather conditions to maximise enjoyment of the game).

Spirit of the Games



- How can you show respect to your opponents, especially when you are more successful in the game?
- Why is it important to respect the rules of the game and the referee applying the rules?



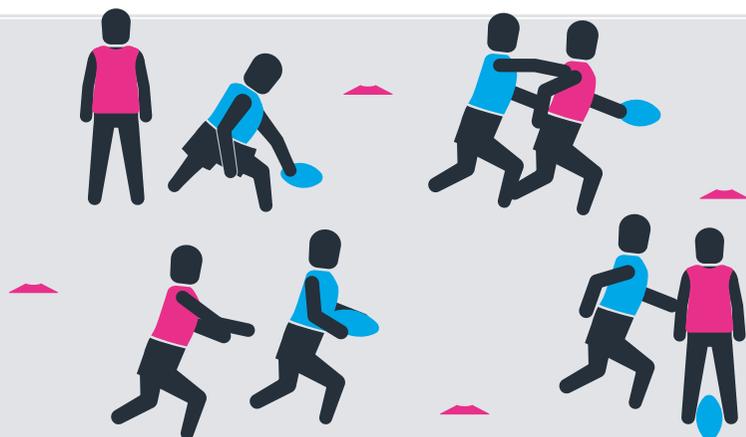
- In what ways could we recycle the equipment we have used in this game?
- How can we recycle our school sports kit and footwear?





Roll Ball Rodeo (Skills: Performing a Roll Ball & Making a Touch)

SECONDARY



How to play

- Split the group in half and nominate one half as “Attackers” and give them a ball and nominate the other half as the “Defenders” without a ball
- **Round 1:** on the command “Go!”, ask the defenders to chase the attackers and try to catch them (one handed touch) and shout “Touch”
- If caught, the attacker must stop running, place the ball on the ground between their feet and step over it (this replicates the attacker performing a “Roll Ball” in a game of Touch Rugby) and then run off
- The defender scoops up the ball and becomes an attacker. The attacker runs off and becomes a defender and must chase a new attacker (not the one who just scooped up their ball)
- Play the game for 2-3 minutes and remind the attackers to place the ball down carefully and to not roll the ball (despite it being called a “roll ball”!)
- **Round 2:** reverse the roles, the attackers (with the ball), must catch the defenders and when they catch them, they must execute a roll ball (this replicates the attacker “Initiating the Touch” and “performing the Roll Ball” in a game of Touch Rugby)
- The defender then scoops up the ball and then becomes the attacker, and the attacker becomes the defender and runs off avoiding touches from other attackers
- Play the game for 2-3 minutes and remind the attackers to try and place the ball down at the same time as catching the defender (this replicates the attacker putting the ball down “on the mark” and not going “over the mark” in the game of Touch Rugby).

How to make it easier

- Ask all players to walk
- Increase the number of attackers
- Make the playing area bigger.

How to make it harder

- Increase the number of defenders.
- Make the playing area smaller.
- Once a defender has caught an attacker and scooped up their ball, they must remove it from the game and put it outside the playing area (Sophie’s Game).
- Tell all players that the time is reduced to 2-minutes and they need to finish with a ball to avoid a physical challenge at the end of the 2-minutes, such as:
 - five star jumps
 - five jumping jacks
 - five burpees.

How to make it more inclusive

- **FREEZE:** give an attacker the superpower the to “FREEZE” a defender for three seconds or vice versa
- Give one of the attackers the power to take balls from outside the playing area in Sophie’s Game.

Estimated set-up time

- 3 minutes.

Difficulty level





Roll Ball Rodeo (Skills: Performing a Roll Ball & Making a Touch)

SECONDARY

Safety

- Ensure enough space for the young people to move between each other freely without making contact
- Make sure there is space between any groups, solid objects and other equipment to prevent collisions.

Equipment required

-  Balls – ideally size 4 rugby balls or any ball
-  Cones

Space required

- 30mx30m – adjust the space according to playing numbers (can be one big space or several grids in the same area)
- Can be played inside or outside on any surface (consider the weather conditions to maximise enjoyment of the game).

Spirit of the Games



- How does being honest make the game more fun for everyone?
- How can being honest build trust with teammates, opponents and the referee?



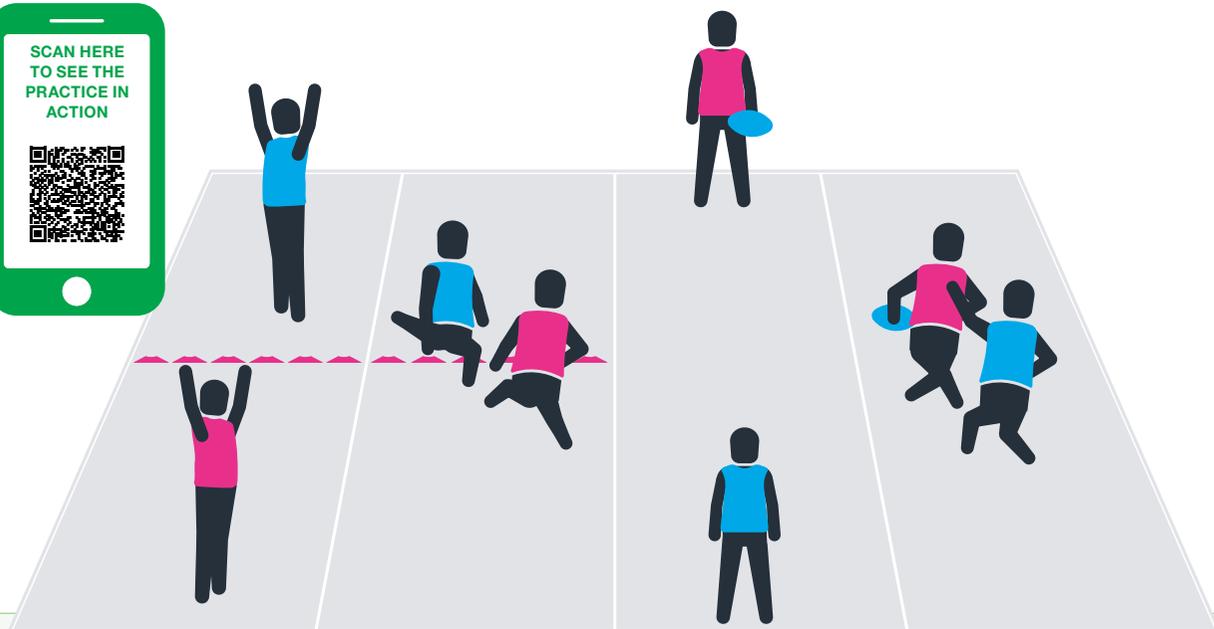
- Which skills did you use best in this game?
- What feedback would you like from your teammates, young leaders or teachers that you would find helpful?





Pistons (Skills: Making a Touch & Getting Back Onside)

SECONDARY



How to make it easier

- Make the grids narrower and shorter
- Ask all players to walk.

How to make it harder

- Make the grids wider and longer
- Ask all players to run.

How to make it more inclusive

- Allow one player to run whilst their partner must walk
- Give the defender a foam pool noodle to make touches with so they have a long reach
- FREEZE: give a player the superpower the to “FREEZE” a defender for 3-seconds.

How to play

- Set up a grid per pair of players
- Split the players up into “Attackers” or “Defenders”
- Initially each attacker or defender will be in their own grid (ensure there is space between each grid to avoid collisions)
- Round 1: Ask the attackers to move around in the grid and ask the defenders to mirror their movements and see if they can react quickly and keep up (i.e. jump, touch a cone, move forwards/backwards/sideways, spin around, etc) for 1-minute
- Swop over and ask the attackers to copy the defenders movements
- Remove any cones separating the attackers and defenders so they are now in one grid with the attacker starting at the top of the grid and the defender starting at the bottom of the grid (ideally with both feet on the “try line” or in line with a set of cones)
- Round 2: Give the attacker a ball and ask the defender to leave the try line, make a touch on the attacker and then get back to the try line as quickly as they can (this is known as “getting back onside” in a game of Touch Rugby)
- The attackers should try and dodge the defender but cannot leave the grid so have to use their agility to avoid Touches
- See how many times the defender can move forwards, make a touch on the attacker and get back to the tryline (onside) for 1-2 minutes and then swop the roles
- Repeat the game again but this time the defender must move backwards to the try line (replicating “Making a Touch and getting Onside” by backwards running in a game of Touch Rugby – keeping their eyes on the attacker at all times).

Estimated set-up time

- 3 minutes.

Difficulty level





Pistons (Skills: Making a Touch & Getting Back Onside)

SECONDARY

Safety

- Ensure enough space for the young people to move between each other freely without making contact
- Make sure there is space between any groups, solid objects and other equipment to prevent collisions.

Equipment required

-  Balls - ideally size 4 rugby balls or any ball
-  Cones

Space required

- 10x20m – if this space is not available, reduce playing numbers (can be one big space or several grids in the same area)
- Can be played inside or outside on any surface (consider the weather conditions to maximise enjoyment of the game).

Spirit of the Games



- What does determination mean to you?
- Give an example of when you were determined playing this game.



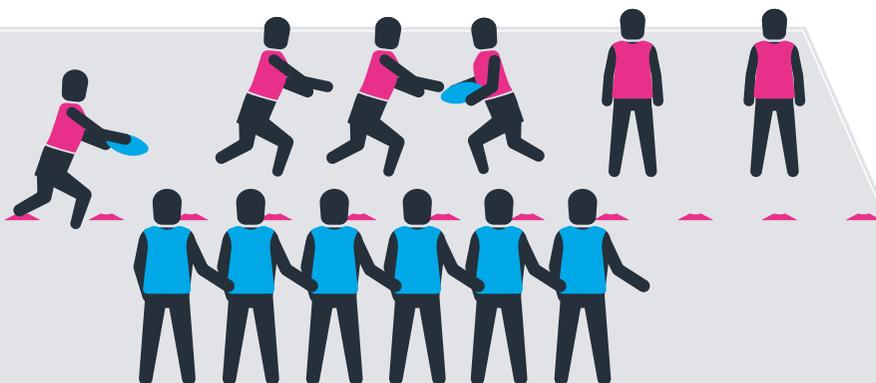
- Was it fun to see how many times you could make touches within the time limit? Were you laughing with your teammates?
- How could you make this game more enjoyable and fun for both the attackers and defenders?





Connect-Six (Skills: Evasive Running & Line Attack/Defence)

SECONDARY



How to make it easier

- Reduce the number of defenders
- Remove all the balls and ask the attackers to try and run through the gaps in the defenders without being caught
- Put all the balls 5m behind the defenders and ask the attackers to run through the gaps in the defenders (without being caught) and pick up a ball and bring it back to their base (starting position 10m away from the defence) by running back to the base around the outside of the grid. See how many balls each attacker can get in 2-3 minutes then swop (Oscar's game)

- Give all Attackers a ball and see how many tries they can each score in 2-minutes. Attackers must return to their base 5m away and "recharge" by doing 3 x clap catches (or similar action) before they can score another try. Attackers receive one point for each try scored in this game (Sophie's game).

How to make it harder

- Increase the number of defenders
- Remove a ball every time a score occurs until there is only one ball left. Attackers receive five points for each try scored with the last two balls, and one point for every try scored with the balls that have been removed. Attackers must pass the ball as soon as they have scored and the game starts again

How to make it more inclusive

- Ask all the players to walk or ask the defenders to walk (to make it easier for the attackers) or vice versa
- "LOOSE CANNON": in Round one, give a player the superpower to break free from the chain of defenders and they can chase any attacker
- "DISAPPEAR": give a player the superpower to make defenders "DISAPPEAR" and remove them from the game for a short period of time to create an overload of attackers.

How to play

- Split the group into two teams
- Round 1: One team ("Defenders") must stand on the try line and connect by holding the ends of the bibs to form a chain. For all rounds, defenders can only move 1m away from the try line
- The other team ("Attackers") must form a line in front of the defenders but spread out from one side of the grid to the other. The attackers start with the ball in the middle of the line
- On the command "Go!", the attackers must pass the ball sideways to the player at the end of line so that they can score a try on or over the line of cones
- Attackers must stay in their "channels" and pass the ball down the line without missing any players out (encourage players to pass the ball sideways and under head height but do not worry if the ball travels slightly forwards – rugby-style passes)
- Defenders must stay connected and close down the space by working together as a defensive line
- Defenders on the end of the line to make a one-handed Touch on any attackers who try to score a try
- Challenge the attackers to see how many times they can score a try in 2-minutes then swop over roles and repeat the game
- Round 2: Remove the bibs from the defenders and challenge the attackers to see how many tries they can score in 2-minutes
- Attackers can score in all the spaces between the defenders and all attackers are now able to score.

Estimated set-up time

- 3 minutes.

Difficulty level





Connect-Six (Skills: Evasive Running & Line Attack/Defence)

SECONDARY

Safety

- Ensure enough space for the young people to move between each other freely without making contact
- Make sure there is space between any groups, solid objects and other equipment to prevent collisions.

Equipment required

-  Balls - ideally size 4 rugby balls or any ball
-  Cones
-  Bibs

Space required

- 10x20m - if this space is not available, reduce playing numbers (can be one big space or several grids in the same area)
- Can be played inside or outside on any surface (consider the weather conditions to maximise enjoyment of the game).

Spirit of the Games



- How did you work together as a team during the game?
- Why is it important to communicate with your teammates?



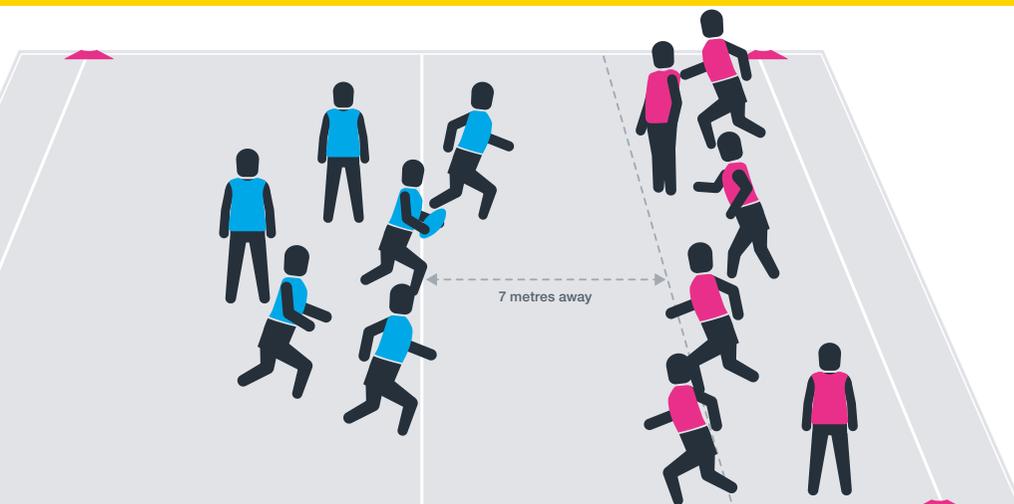
- What was your favourite part of this game?
- How did that make you feel and how did you show your enjoyment?





Super 6s Touch Rugby (All Skills in Inclusive Format)

SECONDARY



How to play

- Split the players into two teams with six players on each team. Teams may make unlimited substitutions
- The aim of the game is to score a try on or over the other team's try line
- One team should start on the half-way line with the ball ("Attackers") and the other team should start 7m back from the half-way line ("Defenders")
- The game starts by an attacker tapping the ball on the ground (keeping hold of the ball) and then passing it to a teammate. The ball is now "live"
- The ball must have been passed at least twice before a try can be scored (repeat this for every changeover in possession)
- The defenders can stop the attackers from scoring a try by making a one-handed touch on the ball carrier and calling "Touch!"
- Defenders should be encouraged to make Touches on shoulders – although any Touch on the ball carrier counts, including on the body, clothing, hair or the ball itself
- Once a Touch has occurred, the attacker must stop, tap the ball on the ground and then pass it to a teammate who is in space and unmarked. The defender who made the touch must take two big steps back to give the attacker space to pass the ball
- The attacking team has six "Touches" ("Touch Count") to score a try. Once all six Touches have been used up, the ball is turned over to the defending team, and it is then their turn to attack ("changeover in possession")
- Changeovers in possession can also occur when:
 - the defending team intercepts the ball (catches it when it is in the air) – this resets the Touch Count;
 - the ball is dropped and a defender picks it up – this resets the Touch Count;
 - the ball or ball carrier runs outside of the playing area – this resets the Touch Count and the restart occurs with a tap where the ball/player went out
- A change of possession does not occur if the ball is knocked down to the ground by the defending team – this resets the Touch Count and the attacking team receives six more Touches
- Games can be any length of time, however two 6-minute halves are recommended for intra or inter school competitions with 2-minutes for half time or 12-minutes straight through if teams have lots of subs
- Award School Games values rather than points for tries when you see these being demonstrated by the players.

How to make it easier

- Remove the requirement to tap the ball on the ground after each Touch and just pass the ball straight away
- Allow each team to have unlimited Touches to try and score before turning over possession after a set time
- All players must walk.

How to make it harder

- Reduce the number of Touches
- Reduce the size of the scoring area
- Apply the following new rules:
 - The ball must be passed within three seconds of the Touch occurring (to put pressure on scanning/decision-making)
 - All passes must be under head height (to encourage more rugby-style passing and to require players to pass and move into space)

- All dropped catches equal a change in possession (as pass/catch skills improve as a challenge).

How to make it more inclusive

- ACTION REPLAY: give a player the superpower of "ACTION REPLAY" so they can replay a skill or decision in the game
- SUPER ASSIST: give a player on each team the superpower of "SUPER ASSIST" so that they score a point every time they make the last pass for a different player to score a try (promotes teamwork and inclusivity)
- SUPER TOUCH: give a player on each team the superpower of "SUPER TOUCH" so that they win possession for their team if they make a touch on the ball carrier (Louis's game)
- DOUBLE AGENT: give a player the superpower of "DOUBLE AGENT" so that they always play with the attacking team (creating an overlap for the attacking team every set)

- SECRET AGENT: give a player the superpower of "SECRET AGENT" so that their tries count as double points. Nominate a player on each team and try to keep this secret with bonus points if the other team guess who the secret agent is
- SHIELD: give a player the superpower to "SHIELD" themselves from the first touch so that two touches have to be made on them by two different defenders before they must stop and tap the ball
- INVISIBILITY: give a player the superpower of "INVISIBILITY" so they can move five steps without anyone being able to make a touch on them. You can say they can only use this super power X times
- If play has gone static or you notice a player is not as engaged as others, pass a different ball into the game and say that this is now the "live" ball and remove the other ball from the game.





Super 6s Touch Rugby (All Skills in Inclusive Format)

SECONDARY

Safety

- Ensure enough space for the young people to move between each other freely without colliding into each other
- Make sure there is space between any groups, solid objects and other equipment to prevent collisions
- Ask the players not to dive to score tries or make touches on hard surfaces.

Equipment required

-  Balls – ideally size 4 rugby balls or any ball will do
-  Cones
-  Bibs

Space required

- 30mx50m (quarter of a rugby or football pitch) - if this space is not available, reduce playing numbers
- Can be played inside or outside on any surface (consider the weather conditions to maximise enjoyment of the game).

Estimated set-up time

- 3 minutes.

Difficulty level



Spirit of the Games



- Why is it important to respect the decisions made by referees during a game?
- How can you show respect to your opponents before, during and after a game?



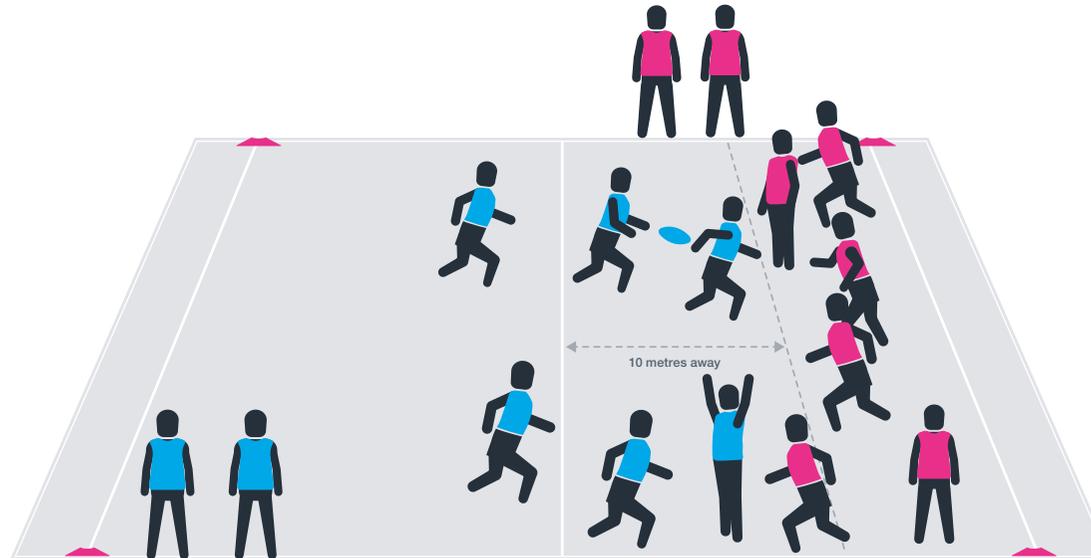
- How can you encourage your team to be honest when playing?
- Why do you think honesty is important in sports like Touch Rugby?





Touch Rugby Schools Festival (Skills: All Skills in Festival Format)

SECONDARY



How to play

- Split the players into two teams with six players on each team and give bibs to one of the teams. Teams may have up to eight or more players in the Sub Box and make unlimited substitutions (players must leave the playing area before a sub can join the game)
- The aim of the game is to score a try on or over the other team's "Try Line"
- One team should start on the half-way line with the ball ("Attackers") and the other team should start 10m back from the half-way line ("Defenders")
- The game starts by an attacker performing a "Tap Ball" (ball is placed on the ground, released from the hands, tapped with the foot and picked up). The ball is now "live"
- The attacker can choose to run or pass the live ball. All passes must go sideways/backwards (no forward passes)
- The defenders can stop the attackers from scoring a try by making a one-handed touch on the ball carrier and calling "Touch!". Defenders should be encouraged to make Touches on shoulders – although any Touch on the ball carrier counts, including on the body, clothing, hair or the ball itself
- Once a Touch has occurred:
 - the attacker must stop, place the ball on the ground between their feet where the Touch occurred ("the Mark") and step over it ("Roll Ball");
 - the defender who made the touch must retreat 7m back towards their own Try Line (getting "Onside")
- The game continues with the closest attacker to the Roll Ball (called the "Half" for that moment in time) passing the ball from the ground to a teammate ("Half Pass"). Encourage players to pass the ball rather than run with it as the Half cannot score and any Touches on the Half in a standard game of Touch Rugby would be a changeover in possession.
- Defenders must be onside to make a valid Touch. Any defenders who have not retreated 7m will be called "Offside" by the referee, their touches will not count and attackers will be instructed by the referee to "Play Through" them
- The attacking team has six touches ("Touch Count") to score a try. Once all six Touches have been used up, the ball is turned over to the defending team and it is then their turn to attack and re-start the game with a Roll Ball ("Changeover in Possession")
- Any infringements by the attacking team count as one of the six Touches and the game restarts with a Roll Ball – this is to enable players to learn the game as they play and not lose possession for making skill or rule errors.
- Examples of Infringements include:
 - Dropping the ball
 - Passing the ball forward ("Forward Pass")
 - Passing after the Touch instead of performing the Roll Ball ("Touch and Pass")
 - Not performing a Roll Ball where the Touch occurred ("Over the Mark")
 - A Touch made on the Half ("Half Caught")
- Changeovers in possession can occur when:
 - A defender intercepts the ball (catches it when it is in the air) – this resets the Touch Count at zero (not one);
 - If the ball or ball carrier runs outside of the playing area – this resets the Touch Count at one and play restarts with a Roll Ball 5m infield from where the ball/player went out.





Touch Rugby Schools Festival (Skills: All Skills in Festival Format)

SECONDARY

How to make it easier

- All players must walk
- Increase the number of Touches
- Increase the number of attackers
- Players can score or be touched as the Half (this advantages the attacking team, as they can play the ball more quickly after the Touch whilst the defenders are still potentially offside)
- Require the defender who made the Touch to retreat all the way back to their try line before they are back in the game (creates more space for the attacking team to run or pass into).

How to make it harder

- Reduce the number of Touches
- Reduce the size of the scoring area
- Apply the following new rules:
 - The ball must be passed within three seconds of the Touch occurring (to put pressure on scanning/decision-making)
 - All passes must be under head height (to encourage more rugby-style passing and to require players to pass and move into space)
 - All dropped catches equal a change in possession (as pass/catch skills improve as a challenge).

How to make it more inclusive

- **ACTION REPLAY:** give a player the superpower of "ACTION REPLAY" so they can replay a skill or decision in the game
- **SUPER ASSIST:** give a player on each team the superpower of "SUPER ASSIST" so that they score a point every time they make the last pass for a different player to score a try (promotes teamwork and inclusivity)
- **SUPER TOUCH:** give a player on each team the superpower of "SUPER TOUCH" so that they win possession for their team if they make a touch on the ball carrier (Louis's game)
- **DOUBLE AGENT:** give a player the superpower of "DOUBLE AGENT" so that they always play with the attacking team (creating an overlap for the attacking team every set)
- **SECRET AGENT:** give a player the superpower of "SECRET AGENT" so that their tries count as double points. Nominate a player on each team and try to keep this secret with bonus points if the other team guess who the secret agent is
- **SHIELD:** give a player the superpower to "SHIELD" themselves from the first touch so that two touches have to be made on them by two different defenders before they must stop and tap the ball
- **INVISIBILITY:** give a player the superpower of "INVISIBILITY" so they can move five steps without anyone being able to make a touch on them. You can say they can only use this super power X times
- If play has gone static or you notice a player is not as engaged as others, pass a different ball into the game and say that this is now the "live" ball and remove the other ball from the game.

Safety

- Ensure enough space for the young people to move between each other freely without colliding into each other
- Make sure there is space between any groups, solid objects and other equipment to prevent collisions
- Ask the players not to dive to score tries or make touches on hard surfaces.

Equipment required

-  Balls – ideally size 4 rugby balls or any ball will do
-  Cones
-  Bibs

Space required

- 50m by 70m - if this space is not available, reduce pitch size and/or playing numbers
- Can be played inside or outside on any surface (consider the weather conditions to maximise enjoyment of the game).

Estimated set-up time

- 3 minutes.

Difficulty level



Spirit of the Games



- What did you enjoy most about playing touch rugby today?
- What would have increased your enjoyment even more?



- Why is teamwork important in attack and defence?
- Why is it important to communicate early and clearly to your teammates?



ENGLAND TOUCH





How To Make It More Inclusive

A Quick Reference

SECONDARY

Here is the list of ways to increase inclusion and engagement for all participants in the above games:

Roles:

- Think about the different roles young people can play; players, referee, coach and how each can develop their skills:
 - **Player** – developing physical conditioning, fundamental movement skills, game understanding, interpersonal and social skills
 - **Referee** – developing physical conditioning, game understanding, interpersonal skills (especially leadership, managing conflict, problem-solving and decision-making) and social skills
 - **Coach** – developing game understanding, interpersonal and social skills by managing the Sub Box and ensuring players get equal amounts of game time by organising when players sub on and off the pitch (advise to sub when your team is in attack and have control of the ball). Give feedback to players on how to develop their skills and game understanding. Work with the referee to ensure good game control. Observe the opposition, coach tactical play and record statistics.

Sensory:

- Use a range of balls – different sizes, colours and textures (sensory)
- Allow only certain players to talk during a game and all other players must use non-verbal forms of communication (e.g. hand signals, clapping, body language).

Superpowers:

- **LOW ROLLER:** the power to roll the ball or gently tap the ball along the ground with your foot (to create more opportunities for successful “passes” for players who are still developing their pass/catch skills)
- **SUPER TOUCH:** give a player on each team the power of “SUPER TOUCH” so that they win possession for their team if they make a touch on the ball carrier (Louis’s game)
- **SUPER ASSIST:** give a player on each team the power of “SUPER ASSIST” so that they score a point every time they make the last pass for a different player to score a try (promotes teamwork and inclusivity)

- **ACTION REPLAY:** give a player the power of “ACTION REPLAY” so they can replay a skill or decision in the game
- **DOUBLE AGENT:** give a player the power of “DOUBLE AGENT” so that they always play with the attacking team
- **SECRET AGENT:** give a player the power of “SECRET AGENT” so that their tries count as double points. Nominate a player on each team and try to keep this secret with bonus points if the other team guess who the secret agent is
- **FREEZE:** give a player the power to “FREEZE” a defender for 3-seconds. This can also be known as being the “MEDUSA” – named after the figure in Greek mythology where Medusa’s petrifying gaze turned people to stone (Jacob’s idea)
 - Ask the players if they know what creatures her hair was made from? ANSWER: Snakes!
 - Ask the players if they could be part animal, which one would they be and why?
- **SHIELD:** give a player the power to “SHIELD” themselves from the first touch so that two touches have to be made on them by two different defenders before they must stop and tap the ball
- **DISAPPEAR:** give a player the power to make defenders “DISAPPEAR” and remove them from the game for a short period of time to create an overload of attackers
- **INVISIBILITY:** give a player the power of “INVISIBILITY” so they can move five steps without anyone being able to make a touch on them. You can say they can only use this super power X times
- **QUARTER BACK:** give a player the power of “QUARTER BACK” so that they can pass forwards in games where you can normally only pass sideways and backwards (Ben’s game)
- **CREATIVITY:** ask the players what other superpowers exist and how could they be made into a rule or game?

ENGAGEMENT:

- If play has gone static or you notice a player is not as engaged as others, pass a different ball into the game and say that this is now the “live” ball and remove the other ball from the game.

