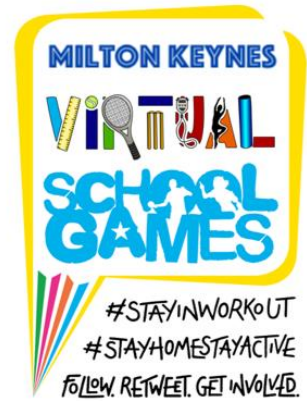


# RUGBY



## Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.



**Honesty** with others and with yourself. Having the courage to do the right thing and what you know is right.

For more information on this and other upcoming CSW virtual competitions go to:

[www.yourschoolgames.com/sgo/mk-north/](http://www.yourschoolgames.com/sgo/mk-north/)

## Challenge 1 – Rugby Pass Challenge

### Equipment –

- A size 4 or 5 Rugby ball
- A target (no bigger than 45cm in diameter)
- A tape measure to measure the distance away from the target
- 3 markers to mark 2m, 3m & 4m

**Make sure you have a suitable space and avoid windows for this challenge!**

Click Here for a demonstration video → <https://www.youtube.com/watch?v=S19LX9RwIOw>



- Place a marker at 2 metres, 3 metres & 4 metres away from the target
- You have 10 attempts and you can choose which marker to throw your ball from (this can be changed during the 10 attempts)
- Standing behind the marker, use a lateral rugby pass to throw the ball at the target

**Throw from 2 metres = 2 points, 3 metres = 4 points, 4 metres = 6 points**

**MAKE SURE YOU DON'T THROW TOO CLOSE TO ANY WINDOWS!**

## Challenge 2 – Rugby Kick Challenge

### Equipment –

- A size 4 or 5 Rugby ball
- A target (no bigger than 45cm in diameter)
- A tape measure to measure the distance away from the target
- A marker to mark 5m

**Make sure you have a suitable space and avoid windows for this challenge!**

Click here for a demonstration video -> <https://www.youtube.com/watch?v=RAEM26xNJz0>

- Measure 5m away from the target
- Punt the rugby ball into the target
- You have 10 attempts
- Hit the target without the ball bouncing = 5 points
- Get the ball into the target (and stays) = 10 points



### Recording your score –

You have 10 attempts to score as many points as possible. Record your score. Add your scores from both challenges together to get an overall score.

**SUBMIT YOUR  
SCORE**

Take your final scores from both challenges, and add them together to get your result.

**Wall Clap Catch + Target Practice = TOTAL SCORE**

Submit your **TOTAL SCORE** via the link –

**Entries must be submitted by 1pm on  
Friday 3 July**

#STAYINWORKOUT  
#STAYHOMESTAYACTIVE  
FOLLOW. RETWEET. GET INVOLVED.