

S:2 H: 2 GLO: 9-12 Rugby Pop Pass

OKLAHOMA ACADEMIC STANDARDS: Physical Education

Source: <http://www.thephysicaleducator.com/resources/Skill-Posters/Rugby/Pop-Pass/Pop-Pass.pdf>

<p><u>Objectives/ Student Targets</u></p>	<p><u>Equipment & Technology Needed:</u></p>
<p><u>Cognitive:</u> The students will explain the purpose of the Pop Pass in Rugby.</p>	<p>1 rugby ball per group of 2, cones</p>
<p><u>Affective:</u> The students will develop an appreciation for the sport of Rugby.</p>	
<p><u>Psychomotor:</u> The students will be able to properly complete a Pop Pass.</p>	
<p>Academic Vocabulary: Pop Pass, Rugby</p>	
<p><u>Introduction / Anticipatory Set:</u></p> <p>Have enough rugby balls for the whole class set out. Each student gets a ball when they enter the class. Ask the class if anyone has ever played rugby before. What is a pop pass? (The pop pass in rugby is a short pass that is popped into the air. This pass is intended for short distances as the player floats the ball in the air for a teammate to run into it.)</p> <p>Ready Position: Lower your arms straight down while holding the ball Place your fingers near the bottom tip of the ball The longer segment of the ball must be vertical before releasing it.</p> <p>Pass: Flip your fingers up ejecting the ball in the direction of the target Use the strengths in your fingers to pop the ball rather than using your arms.</p> <p>Finish the Pass: After the ball leaves your fingertips direct the tips of your fingers toward your teammate.</p> <p>You cannot pass forward in rugby, you must pass it back or to the side.</p>	<p><u>Classroom Layout:</u></p> <p>Large open area such as gym or open field</p>
<p><u>Instant Activity:</u></p> <p>Have the students walk around the gym and practice pop passing the ball into the air to themselves. Remind the students they need to be aware of their surroundings and not to run into one another. After just a couple of minutes have the students find a partner (toe to toes or any other method) and one student puts their ball on the side of the gym. Have students stand side to side about 4 feet apart and pass back and forth. They can switch sides after a couple of minutes.</p>	

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<p><u>Fitness Development:</u></p> <p>Muscular Endurance and Cardiorespiratory Endurance will be developed as activity time is increased Body Composition will improve with daily activity and nutrition is tracked Flexibility will improve through a daily dynamic warm-up and static stretching during the cool down.</p>	
<p><u>Lesson Focus:</u></p> <p>Have each partner group find another pair to make a group of four.</p> <p>Each group need to have a square with cones in each corner. The cones should be about 7-8 feet apart. One student starts on each cone, and only one student will have a rugby ball. The student with the ball will pass it to the student on their left. As soon as they pass it, they will run to the cone on their right and run back to their original cone and be ready to catch it from the person on their right. Every student will repeat this. Pass - Run - Catch. This is a continuous activity and every person should be moving at all times.</p> <p>Here is a link to a video of this activity: http://www.teachpe.com/sports-coaching/rugby/passing-warm-up-and-fitness-drills/warm-up-drill-1</p> <p>From here we will move on to a drill that incorporates running with the ball and passing at the same time. The students need to form 3 lines on one end of the gym. Each student in the middle line needs to have a ball. They will all 3 start running forwards at the same time, the middle student will run towards the person on their right and when they get about 3 feet apart, pop pass the ball towards them, sideways. Then that student will run towards the student on the left and pop pass to them. This pattern continues until they reach the other end of the gym. The stay there</p>	<p><u>Teaching Cues:</u></p> <ul style="list-style-type: none">-Fingers near bottom of ball-Flip fingers up-Pop ball up-Finger strength-Tips of fingers toward target <p><u>Modifications:</u></p> <ul style="list-style-type: none">-Can use a soft football if you do not have rugby balls.-Small beach ball-Focus on pop

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but switch lines they were in. Each student should be able to get a chance to be in each of the different lines.

Here is a link to a video of this activity:

<http://www.teachpe.com/sports-coaching/rugby/passing-games-drills/switch-drill-progression>

Assessment:

- 1- Does not use proper stance, cannot demonstrate the proper components of the pop pass (looking at target, step towards target, snap of wrist, tips of fingers towards the target at release), does not have a good attitude during the lesson.
- 2- Has proper stance and demonstrates the pop pass correctly only sometimes.
- 3- Has proper stance and demonstrates the pop pass correctly most of the time.
- 4- Has proper stance and demonstrates the proper components of the pop pass every time (looking at target, step towards target, snap of wrist, tips of fingers towards the target at release). Has a good attitude.

Closure:

Tell the students that rugby is most popular in New Zealand, Australia, United Kingdom, South America, and Argentina. It is not as popular in the states but it is gaining popularity with many clubs being formed all over the country. It is more popular in the Northeast part of the country than anywhere else.

Check for understanding on when the pop pass is used, some of the cues given for passing the rugby ball, and some rules associated with it (for example, cannot pass forward).

Encourage the students to go home and look up a video of a rugby match. Especially if it something they have never seen before!