



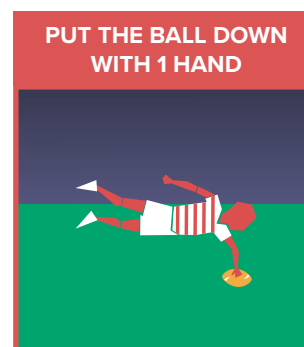
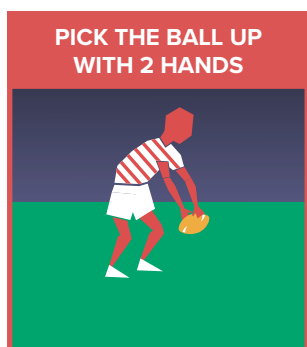
SKILL TO PLAY

PICKING UP AND PUTTING THE BALL DOWN – GRIP

WEEK 1

KEY

- CONE
- BALL
- PLAYER DIRECTION OF TRAVEL



- Can you pick up a ball using 2 hands?
- Can you score/put a ball down using 2 hands?
- Can you score/put a ball down using 1 hand?
- Can you score/put a ball down whilst both feet are in the air?



MOVE TO PLAY

| | |
|--|---|
| <p>Superman</p> <p>CLICK HERE FOR MORE INFORMATION</p> | <p>Vertical Jump</p> <p>CLICK HERE FOR MORE INFORMATION</p> |
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THINK TO PLAY

- I understand seeing and trying new skills is important.
- I know that watching players try skills will give me ideas and help me to learn.

LIVE TO PLAY

- I enjoy watching rugby, Live Rugby, Sky TV, YouTube, ouRLeague.
- I know health and hygiene are important, e.g. washing my hands.

