

Bolham Primary School

PE Activities and Challenges Booklet

Rugby Union

S	C	R	U	M	L	M	Q	U	T	E
C	A	D	G	J	L	A	G	K	O	P
O	P	X	Z	V	N	U	P	A	S	S
N	A	I	P	S	R	L	S	T	A	W
V	W	R	T	F	G	T	E	H	D	S
E	D	U	P	C	B	A	L	L	G	T
R	F	G	U	M	H	E	I	M	X	A
S	U	B	T	E	O	E	L	D	V	D
I	R	Y	D	K	I	C	K	Y	N	I
O	E	S	S	F	E	W	N	U	M	U
N	Y	R	U	C	K	A	D	H	J	M

Rugby Word Search:

Scrum - Pitch

Pass - Stadium

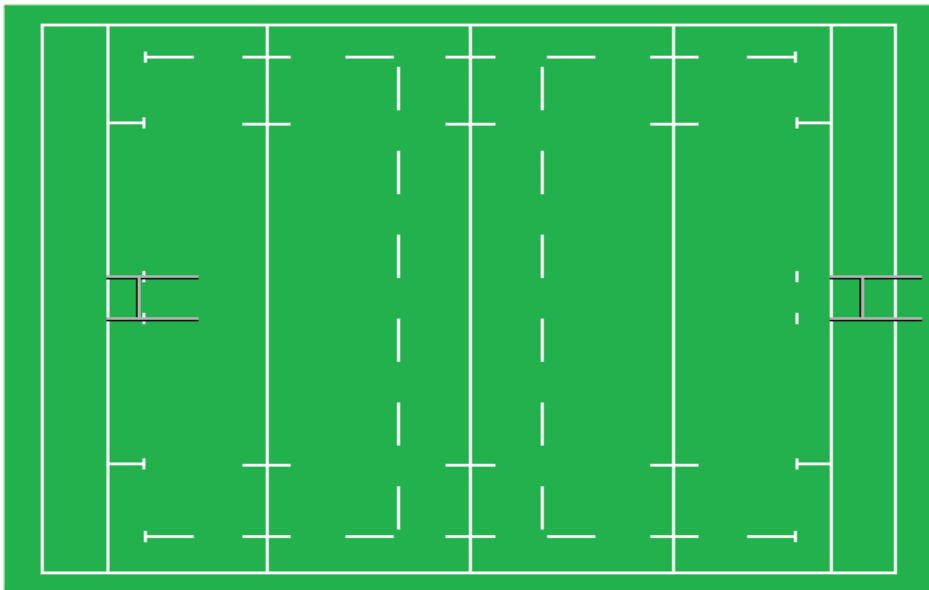
Kick - Ruck

Ball - Maul

Conversion – Rugby

Good Luck!

What do each of the markings on a Rugby pitch mean?



How many points do you get for scoring the following?

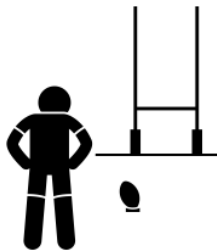
1. Try
2. Conversion
3. Penalty
4. Drop Goal

How many players are there on a Rugby Union team?

Who won the 2019 rugby world Cup?

What was the score and who did they beat?

What are the 3 techniques being performed below?



England
Rugby

Rugby Challenges



What is a grubber kick?
Can you attempt this in
your back garden?

Can you try this with
your non-dominant
foot?



Can you perform 30
seconds of
lateral/sideways passing
with a partner or family
member in both
directions (left & right)?

Can you challenge
yourself and increase the
distance? Can you move
at the same time?



How do we score a try?

Can you practice your
try scoring technique?

Remember you must
apply downward
pressure on the ball!



A Drop Goal

Can you find out how
to perform a drop
goal and attempt this
from 5m into a target
area?



Can you increase the
distance?



Can you identify who these famous
England players are and what
position they play? Can you tell me
what makes them such good
players?

Can you get a picture of you
completing any of the challenges
and email/bring it into school to be
put up on the sports board!!!