

ERASMUSRUGBY



UNIT 10: FUN

Aim

Fun is a experience subjective that is associated with the enjoy , the Entertainment and pleasure . It's what gives us does to feel good, us It distracts us from our worries and allows you to have a good time for a while . Maybe take many forms , depending on the tastes and personality of each person.



- Having fun helps reduce stress, improves mood, and strengthens social relationships. It also stimulates creativity and overall well-being. It's essential for a balanced and happy life.

KM

- It reduces stress and improves emotional well-being.
- It stimulates creativity and the mind.
- It strengthens social and personal relationships.



- LITERACY: area-specific vocabulary and expressing oneself appropriately.
- PHYSICAL LITERACY: knowledge of the body and its motor skills, acquiring the habit of practicing physical activity, hygiene and body care.
- ACTIVE CITIZENSHIP: Using physical activity to facilitate relationships, integration, and respect for agreed-upon rules. Teamwork, cooperation, and responsibility.



- Duration of this learning unit: 3h 20'

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UNIT 10: FUN

Assessment

Rate the following indicators about the group before (A) and after (D) the session from 1 to 4 points*, and compare them. If the group is new to you, only complete D.

TO D

Children pay attention to new things and concepts

The children listen to the coach's instructions.

The children follow the coach's instructions.

The children maintain the positions and alignments established by the coach.

The children complete the tasks indicated for accident prevention

TO	D

* Rating defined: 5 to 7 Points - Unsatisfactory | 8 to 14 Points - Needs improvement | 15 to 19 Points - Meets expectations | 20 Points - Exceeds expectations.

GRADES:

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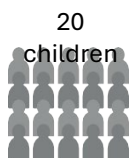


UNIT 10: FUN

Activity 10.0 | Rugby "without rules"



Resources and planning



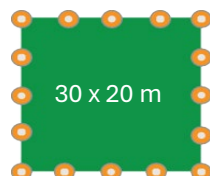
20

children

1 coach



5 balls



KP

- I respect
- Challenges appropriate to the level
- Active participation

Tips

- Knowing that the purpose of the exercise is purely for the enjoyment of all players

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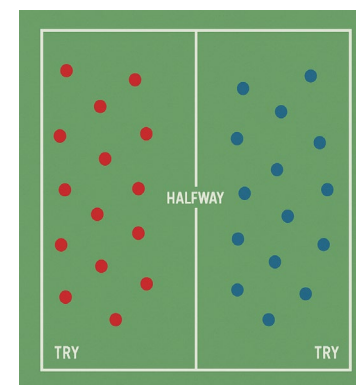


UNIT 9: FUN

Activity 10.0 | Rugby "without rules"

Procedure | Keep in mind the mileage of the unit

- 1) We will divide the group into 2 teams of 10 players.
- 2) Each team will set two rules for each game (e.g., only pass the ball under the legs). We will play short games in which the rules change each game to create a fun atmosphere.
- 3) The coach will encourage creativity and participation from all players and at the end will ask what was the most fun and why.





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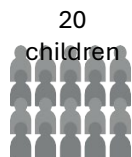


UNIT 10: FUN

Activity 10.1 | Skills Challenge



Resources and planning



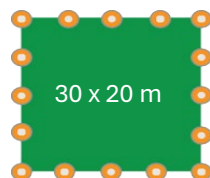
20

children

1 coach



5 balls



30 x 20 m

KP

- I respect
- Challenges appropriate to the level
- Active participation

Tips

- Knowing that the purpose of the exercise is purely for the enjoyment of all players rather than competition



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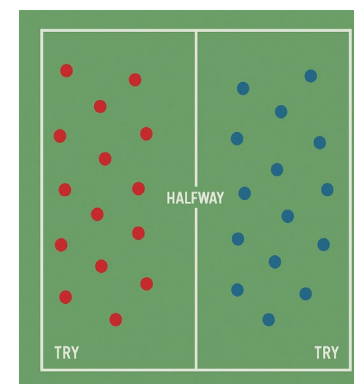


UNIT 9: FUN

Activity 10.1 | Skills Challenge

Procedure | Keep in mind the mileage of the unit

- 1) We will divide the group into pairs.
- 2) We will set up different stations with individual challenges such as passing to a target, kicking into a circle, running with a change of direction...
- 3) Players will compete against themselves, against their partner, and against other couples.
- 4) Competition helps players to have a goal and with the activities



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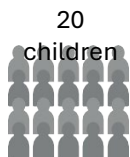


UNIT 10: FUN

Activity 10.2 | Rugby dice



Resources and planning



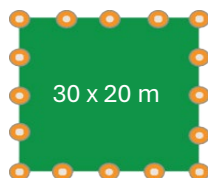
20

children

1 coach



1 die



KP

- I respect
- Challenges appropriate to the level
- Active participation

Tips

- Knowing that the purpose of the exercise is purely for the enjoyment of all players rather than competition

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UNIT 9: FUN

Activity 10.2 | Rugby dice

Procedure | Keep in mind the mileage of the unit

- 1) We will divide the group into 2 teams of 10 players.
- 2) We played a game in which, in each phase of play, the coach would roll the die; each number was associated with an action that the attacking team would have to perform (1- one-handed passes, 2- kick, 3- sprint...).
- 3) This exercise fosters individual abilities on the field but above all the diversion through contrasting challenges according to the level that the players have.

