

Give it a Go Brownies Rugby badge



To gain your 'Give it a Go' badge rugby badge, complete the activities below with the help from your leader or take part in a taster session with a local coach.

- Name 3 important health and safety rules in the game of rugby.
- Name and explain 3 rules that you must follow in a game of rugby.
- Complete a warm up that incorporates all the muscle groups used in rugby.

1 Activity 1 - Precision passing

- In pairs standing to the side of each other pass the ball back and forth. (Make sure there is a space between you so you have enough room to throw the ball)
- How many passes can you complete in 1 minute?
- Stand side to side of each other with one person slightly behind – focus on passing the ball back to your partner – switch places after every go.

2 Activity 2 - On the move

- In pairs/threes run up and down the hall passing the ball back and forth (remember to pass to the side and that the ball must be passed backwards).
- Run in and out of the cones, holding the ball in both hands and place the ball on the floor to score a try.
- Race against another group to see who can finish first.

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3 Activity 3 - Tag rugby

- In your team you have to try and score at the other end of the hall/pitch by placing the ball on the floor.
- You can pass in any direction as long as it is to your own team.
- If a player from the opposite team touches you with both hands you stop and pass. After 6 touches the ball goes to the opposite team.

