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LESSON MAP Y3-Y4 (UNDER 8S, UNDER 9S)

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources (in BOLD)
Scoring tries	<i>Prior Knowledge: Invasion games</i> Running towards a goal	Avoiding defenders	Raggy tag Try race Bulletball
Handling: Catch	<i>Prior Knowledge: Catching a ball</i> Catch	Catching while moving	Winners grinners Passing race Bulletball
Handling: Pass	<i>Prior Knowledge: Throw a ball</i> Moving the ball from player to player, static	Pass while moving	Passing race Bulletball upgrade
Defence: Touch	<i>Prior Knowledge: A touch stops an attacker</i> How to prevent a ball carrier moving forward (a touch-tackle)	Repositioning to stop a team play	The swarm Cat and mouse Bulletball upgrade
Rip-and-pass	<i>Prior Knowledge: A touch stops an attacker</i> How to restart after a touch-tackle	Passing to a moving player	Rip-and-pass AB v C game T1 Rugby minus 2
Scoring: Attack and defence	<i>Prior Knowledge: How to score tries</i> Using the six touch-tackles to apply pressure to score	Passing before a touch-tackle	Break the pane Beat us in five (game) T1 Rugby minus 2

Note: You can introduce T1 Rugby lineouts, scrums and kicking to more experienced players in this age group. Also, note the scrums and lineouts are non-contact versions.

LESSON MAP Y5-Y6 (UNDER 10S, UNDER 11S)

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources (in BOLD)
Scoring tries	<i>Prior Knowledge: Scoring a try, being touch-tackled</i> Go forward to score tries, using evasive skills Stop go forward	Connect as a defence to stop tries Fluent movement to avoid touch	Raggy tag Try race Bulletball
Pass: Handling	<i>Prior Knowledge: Pass if touch-tackled</i> Pass the ball if not going forward	Pass the ball before being touch-tackled	Winners grinners Passing race Bulletball
Tackle: Post tackle	<i>Prior Knowledge: Not able to touch unless onside</i> Forming a rip and pass tackle Organising in defence after a rip and pass	How to play from a rip-and-pass How to put pressure on the first receiver from a rip-and-pass	Onsides/Tackle triangle Rip and pass game AB v C game
Set piece: Scrum	<i>Prior Knowledge: Restart needed after an infringement</i> Setting up a scrum Playing from a scrum	How to play from set-pieces	Scrum time Cat and mouse T1 Rugby minus 3
Tactics: Reorganise	<i>Prior Knowledge: Need to be onside after touch-tackle</i> Reposition from touch-tackle to attack	How to manage territory with kicking	Onsides Clear the mess T1 Rugby (scenarios)
Scoring: Attack and defence	<i>Prior Knowledge: Score a try, support a ball carrier</i> Using the six touch-tackles to apply pressure to score	How to create or defend overlaps	Beat us in 5 Break the pane T1 Rugby

Note: You can introduce T1 Rugby lineouts, scrums and kicking to more experienced players in this age group. Also, note the scrums and lineouts are non-contact versions.

LESSON MAP Y7-Y8 (UNDER 12S, UNDER 13S)

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources (in BOLD)
Scoring tries	<i>Prior Knowledge: Scoring a try, being touch-tackled</i> Go forward to score tries, using evasive skills Stop go forward	Connect as a defence to stop tries Fluent movement to avoid touch	Raggy tag Try scoring Bulletball
Pass: Handling	<i>Prior Knowledge: Pass if touch-tackled</i> Pass the ball if not going forward	Pass the ball before being touch-tackled	Passing race Pass and run Bulletball upgrade
Tackle: Post tackle	<i>Prior Knowledge: Not able to touch unless onside</i> Forming a rip and pass tackle Organising in defence after a rip and pass	How to play from a rip-and-pass How to put pressure on the first receiver from a rip-and-pass	Onsides/Tackle triangle Rip and pass game AB v C game
Set piece: Scrum	<i>Prior Knowledge: Restart needed after an infringement</i> Setting up a scrum Playing from a scrum	How to play from set-pieces	Scrum time Scrum play T1 Rugby minus 2
Kicking: Reorganise	<i>Prior Knowledge: Kicking a soccer ball to get closer to the goal</i> How to kick and how to chase kick How to catch and return kick	How to manage territory	Kick chase Save the world T1 Rugby (scenarios)
Scoring: Attack and defence	<i>Prior Knowledge: Score a try, support a ball carrier</i> Using the six touch-tackles to apply pressure to score	How to create or defend overlaps	The swarm Beat us in 5 (game) T1 Rugby minus 2

Note: You can introduce T1 Rugby lineouts, scrums and kicking to more experienced players in this age group. Also, note the scrums and lineouts are non-contact versions.

LESSON MAP Y9-Y10 (UNDER 14S, UNDER 15S)

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources
Scoring tries	<i>Prior Knowledge: Scoring a try, being touch-tackled</i> Go forward to score tries, using evasive skills Stop go forward	Connect as a defence to stop tries Run onto a pass	Raggy tag Passing race Bulletball upgrade
Onside: Post tackle	<i>Prior Knowledge: Not able to touch unless onside</i> Forming a rip and pass tackle Organising in defence after a rip and pass	How to play from a rip-and-pass How to put pressure on the first receiver from a rip-and-pass	Onsides/Tackle triangle Rip and pass T1 Rugby minus 2
Pass: Handling	<i>Prior Knowledge: Pass if touch-tackled</i> Pass the ball for a player to attack	Pass the ball to a player in a better place to attack	Beat the ball Pass and run T1 Rugby minus 2
Set piece: Scrum/lineout	<i>Prior Knowledge: Restart needed after an infringement</i> Setting up a scrum and lineout Playing from a scrum and lineout	How to play from set-pieces	Scrum time Outs then ins Beat us in 5 (game) T1 Rugby minus 1
Kicking: Reorganise	<i>Prior Knowledge: Kicking a soccer ball to get closer to the goal</i> How to kick and how to chase kick How to catch and return kick	How to manage territory	Kick chase Save the world T1 Rugby
Scoring: Attack and defence	<i>Prior Knowledge: Score a try, support a ball carrier</i> Using the six touch-tackles to apply pressure to score	How to create or defend overlaps	Scrum play/lineout play Quick ball T1 Rugby

Note: the scrums and lineouts are non-contact versions.

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources (in BOLD)
Touch-tackle: Rip-and-pass and Tackle triangle	<i>Prior Knowledge: If touched, have to pass</i> Create a T1 Rugby breakdown	Getting onside and repositioned in attack quickly	Tackle triangle Quick RAP T1 Rugby minus 2
Set piece: Scrum/lineout	<i>Prior Knowledge: Knock-ons lead to a scrum, out of play to a lineout</i> How to form and play from a T1 Rugby set-piece	Pass the ball before being touch-tackled	Scrum play Lineout play T1 Rugby
Kicking: To score	<i>Prior Knowledge: Kicking isn't allowed in touch rugby</i> Using kicking to win games	How to use different kicks	Kick to score Kick, catch, score (game) T1 Rugby
Attack	<i>Prior Knowledge: Create pressure to score</i> Attacking space, creating space, recycle the ball	Using moves from set pieces	AB v C (game) Blindsides T1 Rugby
Defence	<i>Prior Knowledge: Create pressure for turnover</i> Closing down space, stopping go forward	Connect to use a quick-off the line defence	Quick ball Beat us in 5 (game) T1 Rugby
Outwit the opponent	<i>Prior Knowledge: Use evasion to beat players</i> Creating overlaps in attack or mismatches in phase play	Using plays from rip-and-pass	Angle grinders Loop the loop Jukes of hazard T1 Rugby

Note: the scrums and lineouts are non-contact versions.