



VIRTUAL  
GAMES

# WEEK 1 RUGBY CHALLENGE

This challenge has been set by **St Thomas More School** in **Haringey** and **Grey Court School** in **Richmond**

Watch the challenge video on the LYG website [here](#)

## Challenge Description:

Can you take on **one** of these rugby challenge variations and see how many balls can you land in the target with 5 attempts?



## Scoring:

You will receive one point for each attempt you get in the target.

## Adapt for Space and Equipment:

If you don't have a rugby ball, try using any ball you have available to you. This challenge can be done indoors or outdoors, and you can use any piece of equipment as your target (i.e. bucket, hoop, chair, box).

## Adapt for Ability and Inclusivity:

To make this challenge slightly easier, move closer to the target or make the target you have a bigger area to aim for. If you have a partner why don't you have a go at the second variation of the challenge before aiming for the target? This challenge can be done sitting down or with a target closer to the ground.

## Coaching Tips:

Remember to take your time when throwing the ball and try to pass the ball sideways like in a game of rugby. Concentrate on where the target is and try to weight the throw as best you can to land in the object. If you take on the partner variation, make sure you communicate and work together!

## Benefits from Challenge:

This challenge will help improve your aim, agility, and concentration.

*Remember to submit your scores before Friday 9<sup>th</sup> October at 12.00pm via the London Youth Games website. Make sure to your share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG*