

CLASSES AT HOME...

HAVE FUN IN YOUR GARDEN OR HOUSE WITH THESE GAME IDEAS!

TAGGING/DODGING

Tagging/ dodging: A game similar too 'stuck in the mud'.

- ▶ Have the Little Scrummers have a tag put into a waist band or jean loop (doesnt have to be a 'tag', sock or similar is perfect),
- ▶ Do this for the parent /sibling playing as well.
- ▶ Let the Little Scrummers chase the parent/sibling trying to get the tag, when the Little Scrummers does get the tag flip roles.
- ▶ Time the tagging or make it first to three etc.

POCKET ROCKET PASSING

Passing

- ▶ Hold ball to where the front pocket is (Two hands on the ball)
- ▶ Little Scrummers aims at parents tummy
- ▶ Little Scrummers pushes arms upwards towards parents tummy releasing the ball
- ▶ Shout pocket rocket once ball is released

Catching

- ▶ Little Scrummers should make a 'w' with their hands, arms outstretched slightly apart, fingers pointing to the sky.
- ▶ Little Scrummers should have arms in front of tummy/ chest.
- ▶ Little Scrummers to hug the ball afterwards



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RUNNER BEAN GAME

Similar to 'Simon Says', each 'bean' is an action to be performed by the Little Scrummers, the 'beans' include:

- ▶ Freeze bean - Little Scrummers stand up straight not moving
- ▶ Jelly bean - Little Scrummers jiggle about like jelly
- ▶ String bean - Little Scrummers stand up straight with arms up like a pencil
- ▶ Round bean - Little Scrummers crawl into a ball
- ▶ Flat bean - Little Scrummers lay on the floor stretched out
- ▶ Runner bean - Little Scrummers run on the spot
- ▶ Jumping bean - Little Scrummers jump on the spot.

POP PASSING PRACTISE

Pop technique passing can be done with any kind of ball, rugby, tennis, football, anything the Little Scrummers can fit in their arms and are comfortable with.

Passing

- ▶ Bend knees with ball in arms that are outstretched.
- ▶ Little Scrummers then pops up, extending legs releasing ball.
- ▶ Little Scrummers should aim at parents tummy/chest.

Catching

- ▶ Little Scrummers should make a 'w' with their hands, arms outstretched slightly apart, fingers pointing to the sky.
- ▶ Little Scrummers should have arms in front of tummy/chest.
- ▶ Encourage Little Scrummers to hug the ball afterwards





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KICKING PRACTISE

Kicking off a cone: this can be difficult while at home if you don't have a cone, however, you can try an upturned plastic plant pot (empty of course!!) Little Scrummers need to aim to kick the ball so that the where the lace of their foot will hit the part just above the bottom of the ball. The hand/eye corodination as well as balance and timing make this quite diffuct, and something that needs a lot of practise, even by the rugby pros!

Kicking out of hands is easier, this can be done with any ball but a rugby ball would be easiest. Flip the ball so it is horizontal to the Little Scrummers, aim the put the lace of the foot so it hits the inflation point of the ball.

KEEP SAFE – STAY HOME – SEE YOU SOON

