

# Rugby y'Abana Bato



## Rugby y'Abana Bato is a new program for primary schools developed by Friends of Rwandan Rugby.

The program is for children in Nursery, P1 and P2.

It develops physical and mental well being, gross motor skills and incorporates basic language and numeracy. Children will acquire important social skills such as team work, turn taking and co-operating. Most importantly though it is lots of fun; children will learn through play without even realising they are learning!

For the teacher/coach delivering the program, this booklet provides an easy to use guide. The sessions are 30 minutes and follow the same structure outlined below.

**Welcome Circle (3 mins)**

**Warm Up (6 mins)**

**2 Games (18 mins)**

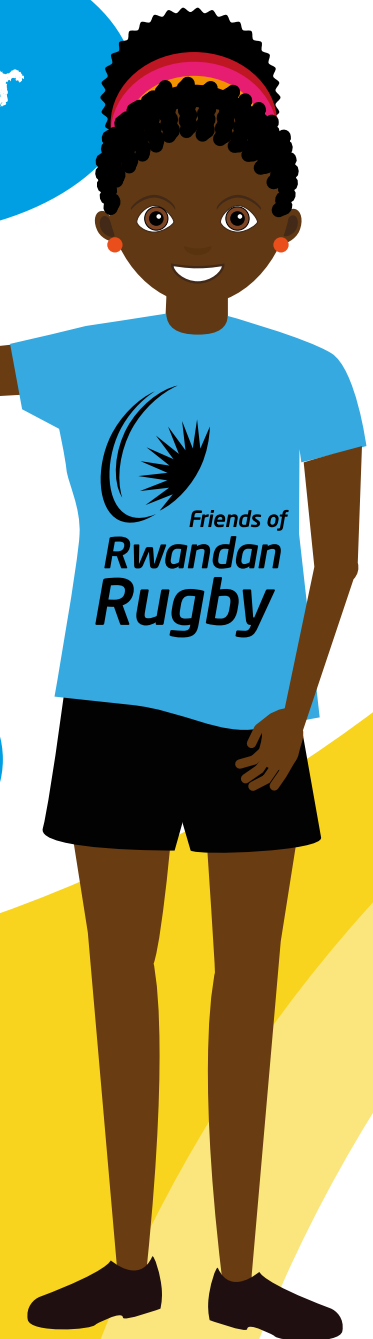
**Goodbye Circle (3 mins)**

10  
marker  
cones

4  
size 3  
rugby balls

Tails or  
tags

Playing  
area should  
be safe and  
marked out with  
10 marker cones in  
approximately a  
20m X 20m  
square



# WELCOME CIRCLE

Everyone stands in a circle close together. Coach welcomes all.  
Hand a ball (don't throw it) around the circle while chanting or singing.



# WARM UP

## Rugby Says (Simon Says)

Children stand spaced out looking at the coach.

Coach shouts instructions, eg: "Rugby says... touch your head"

Children follow instructions but only after the words "Rugby says..."

Warm Up -  
6 minutes  
Choose ONE  
of the warm ups



RUGBY  
SAYS

Friends of  
Rwandan  
Rugby

Friends of  
Rwandan  
Rugby

# Huggy Bears

On coach's command, the group jogs around in the square avoiding bumping into others.

Coach shouts out a number in English/Kinyarwanda and the players make a group of that number quickly.

(This can be used to create teams for the next game.)



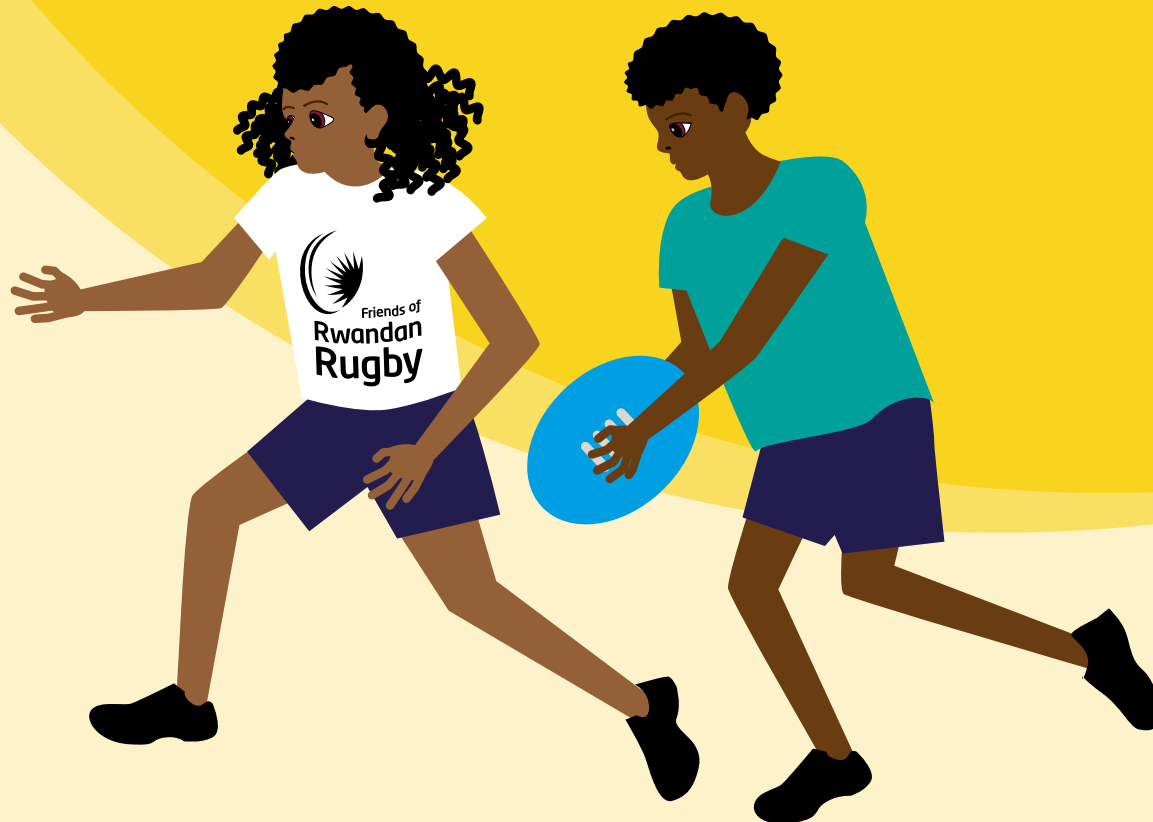
# GAMES

## Rugby Freeze Tag

2 or 3 players 'on it' with rugby balls. They run around and 'tag' other players by touching them with the ball.

Players evade by running into space.

When tagged, players stand frozen with their hand out. They can be 'unfrozen' by another non-tagged player giving them a 'high five'.



Choose 2  
of the games  
and play for  
9 minutes  
each game



# Mountains and Lakes

Move the cones into the playing area. Show children a cone and explain when it is the right way up it looks like a mountain and when it is upside down it looks like a lake.

Divide the group into two teams and name them Lakes or Mountains. On the coach's signal the Lake team will try turning the cones upside down while the Mountain team turns them the right way up.

After 30 seconds stop and count the number of lakes and number of mountains.

If the group is large and there are not enough cones they can be moved further apart and children are not allowed to turn over a cone they have just touched (ie they must find another cone each time).



Remind the children to be careful when running and be aware of others

Use bottle tops or plastic bottles cut in half to make additional cones

# Hungry Hippos

Set up a nest with all the balls/tags in, with four bases around the outside (see diagram).

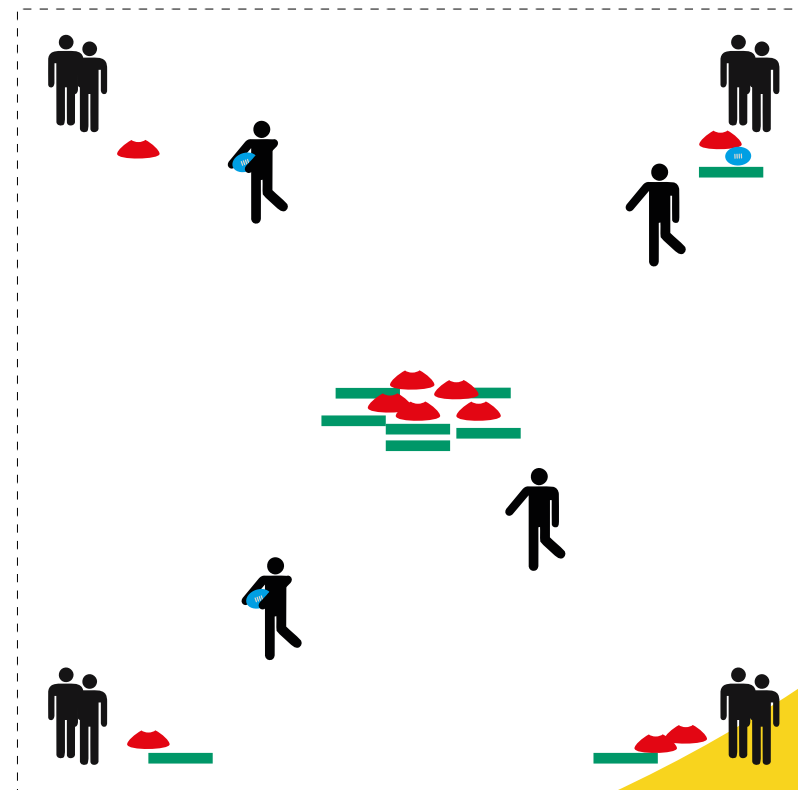
Split the group into 4 teams and line each one up on a base facing the nest.

On the coach's command, one at a time, one person from each team races to the nest to pick up a ball/tag and races back and places the ball/tag in their base.

Once they have placed their item at the base, the next person can run to the nest.

Once the nest is empty the coach can count how many items each team has.

The game can be extended by allowing teams to take from other teams once the nest is empty.



Two hands  
on the ball  
at all times

Additional  
items can  
be added  
(eg plastic  
bottles)



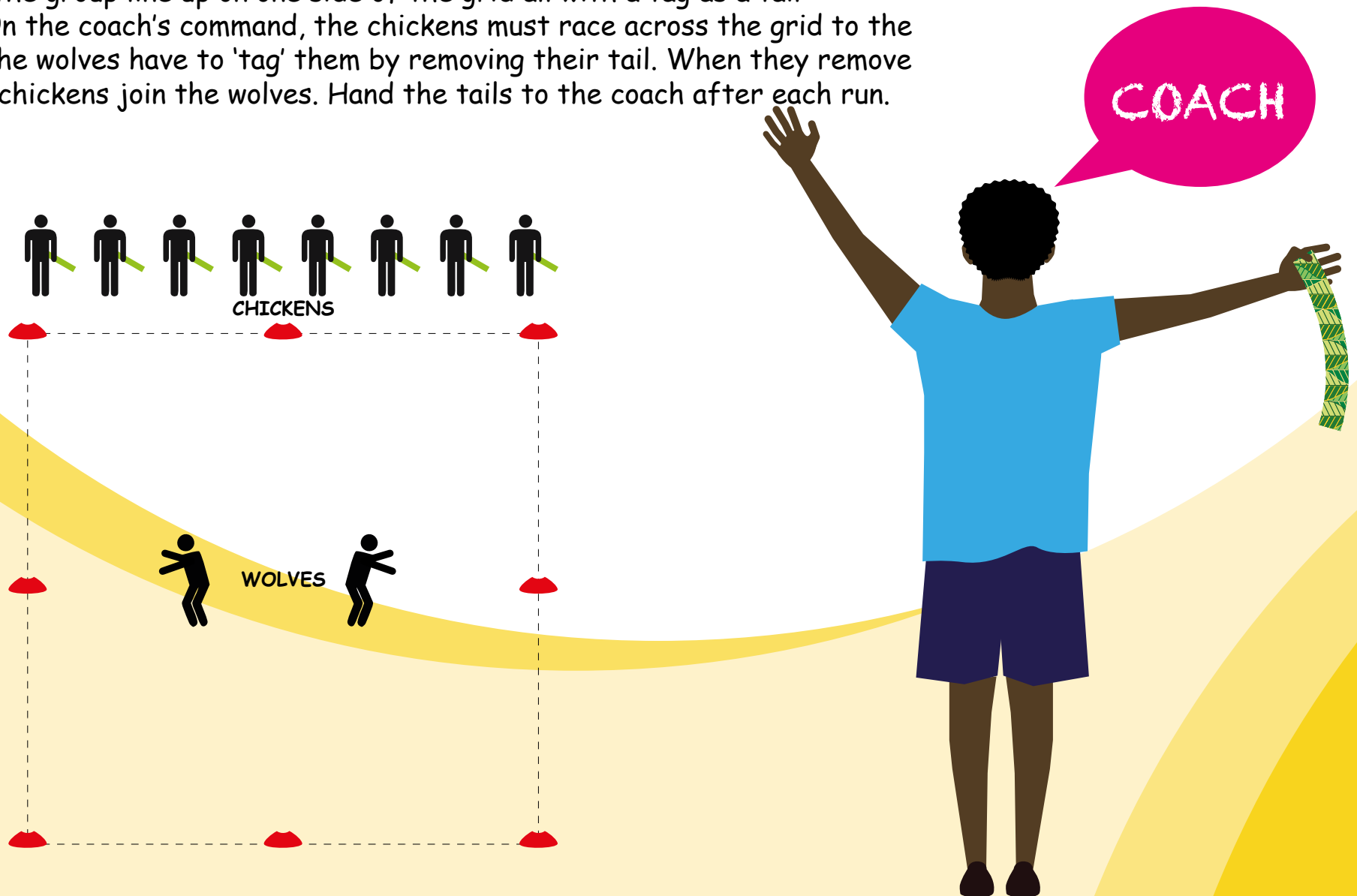
# Shadow Chaser



Play the game in a 20mx20m square. Put the group into pairs. One of the pair has a tag tucked into the back of their shorts like a tail. On coach's command, the player with the tag jogs around looking for space whilst their partner follows closely (like their shadow). When the coach shouts "tag" the player following must try to remove their partner's tail before they escape out of the grid. If there is no grid the player tries to evade the shadow for five seconds, when the coach will blow the whistle.

# Chickens and Wolves

Cones in grid 20m x 20m. Two participants start in the middle of the grid (wolves). The rest of the group line up on one side of the grid all with a tag as a tail (chickens). On the coach's command, the chickens must race across the grid to the other side, the wolves have to 'tag' them by removing their tail. When they remove the tail, the chickens join the wolves. Hand the tails to the coach after each run.



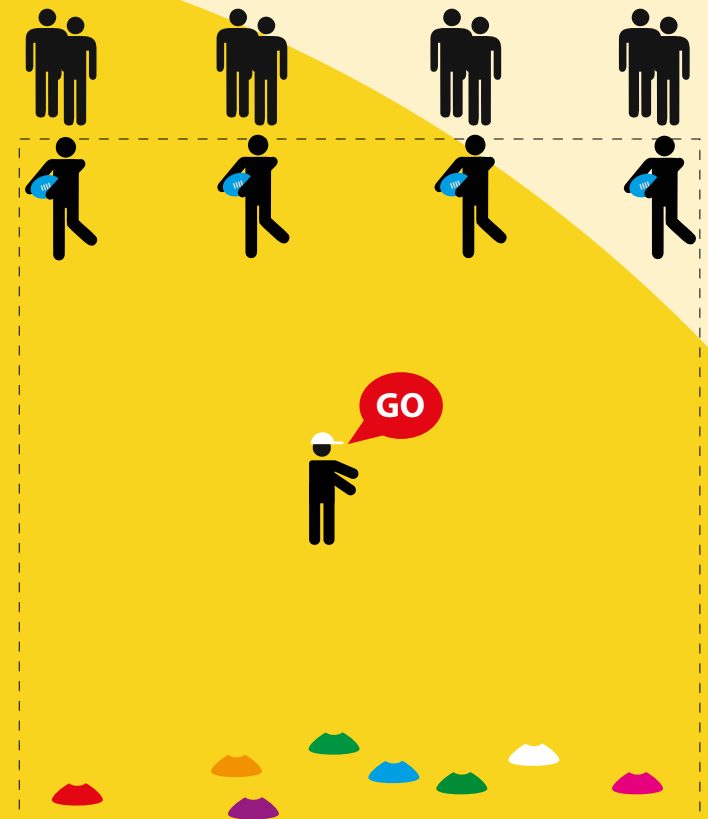
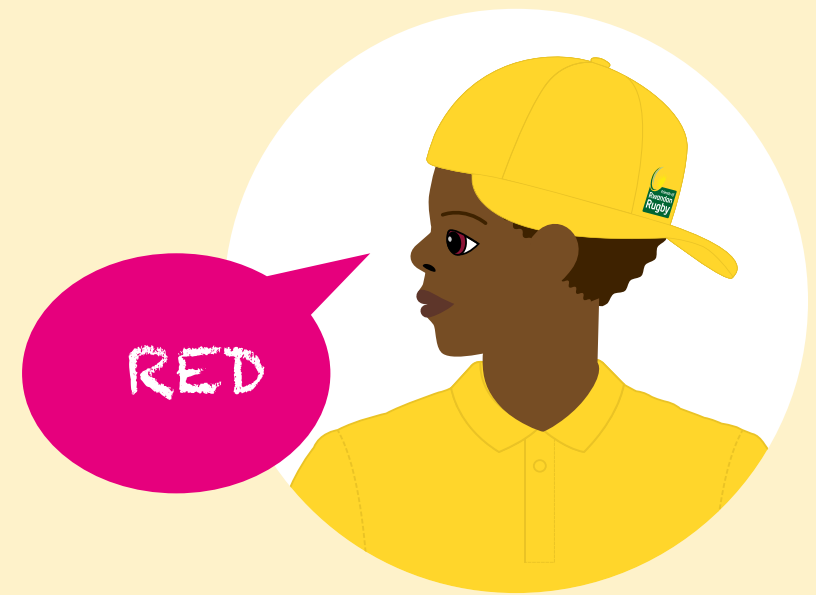
# Score a Colour Try

Divide the group into four teams each with a ball. Scatter all 10 cones about 15m away.

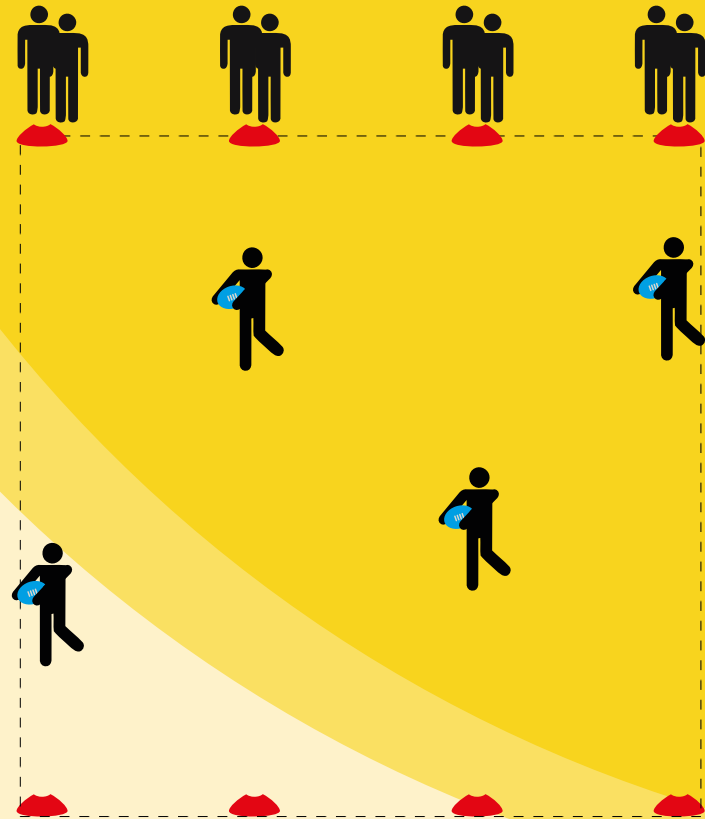
On coach's command, "GO" the ball carrier runs towards the cones. The coach shouts a colour and the ball carrier finds a cone of that colour and scores a try by touching the cone with the ball and runs back to the team and hands the ball to the next team member.

First player back to the team scores a point.

Keep playing until the time is up. Winning team is the one with most points.



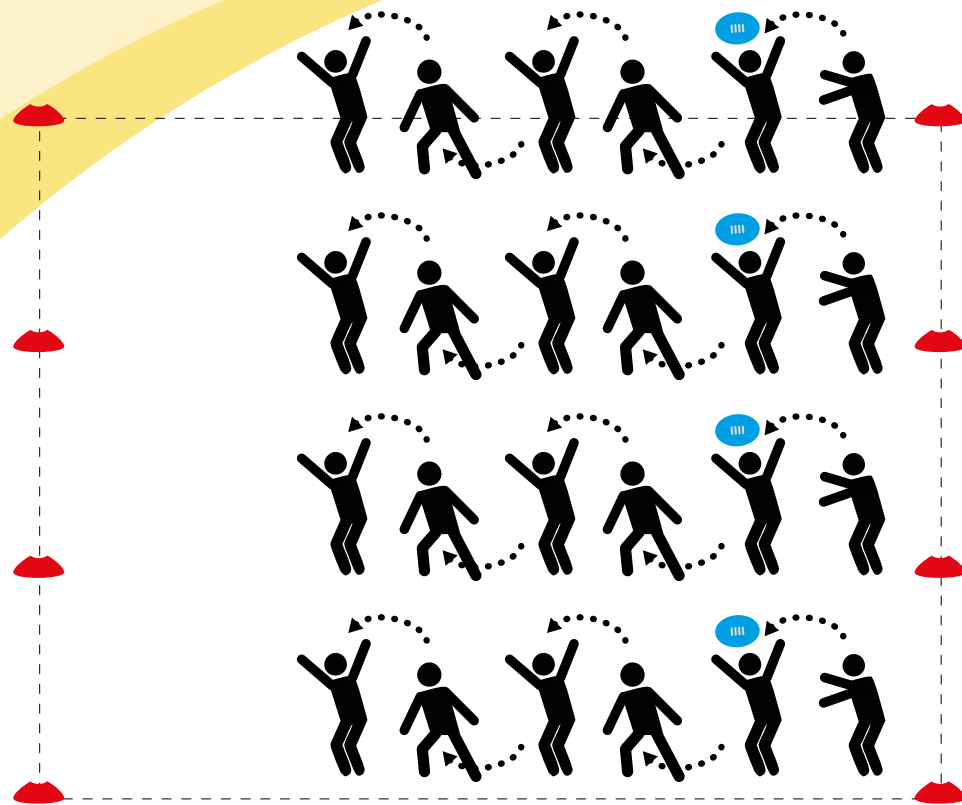
# Relay Race



Split the group into 4 teams and line each team up behind a cone, place another cone opposite each team 15m away. On command, one player from each team races to the opposite cone, scoring a try and races back to their team. Hand the ball over to the next person who does the same. Repeat until all players have had a turn, first team back wins. Game can be made harder by zigzagging through the cones.

# Over/Under Relay

Players line up behind a cone with the ball at the back of the line. On command, the player hands the ball over the head of the person in front then races to the front of the line. The next player hands it through the legs to the person in front and races to the front of the line. This continues over and under until the whole team has crossed the opposite cone. First team across the finish line is the winner.



# GOODBYE CIRCLE



Stand in a circle passing or handing the ball.  
Either recite the alphabet, count in English  
or Kinyarwanda or sing songs.  
Coach thanks everyone for coming.

# LEARNING THROUGH PLAY

Rugby  
y'Abana  
Bato activities  
can help with  
learning English/  
Kinyarwanda  
and Maths

## Welcome and Goodbye Circle

- ✓ Counting while moving -eg Jump to 10, Hop to 10, Dance to 10, Clap to 10 etc.
- ✓ Practising English while passing the ball. eg: passer of the ball asks question, receiver gives answer.  
Q: How are you? — A: I am fine.  
Q: What's your name? — A: My name is...  
Q: How old are you? — A: I am ... years old
- ✓ Learning colours. The coach holds up a coloured cone and the child passing the ball says the colour.
- ✓ Practising sequential vocabulary as they pass the ball (eg: days of the week, months of the year, alphabet, counting in 2s etc.)

## Huggy Bears and Rugby says

NOTE: These are warm up activities and it is important the children move a lot. If giving additional instructions they should be given quickly.

- ✓ Instructions can be used to practise verbs (eg. jump, run, stand still, hop, etc.)
- ✓ Huggy bears uses numbers. Additional instructions could be given once the group has formed. (eg: Make a square, triangle, circle, straight line, curved line etc. Make yourself as big/small as you can.)

## Games

When playing the games think about how English/Kinyarwanda or maths can be used.

Eg: count the number of players tagged at the end of a game/count the numbers of items collected in Hungry hippos, Mountains and Lakes or Chickens and Wolves.

Eg: Name the colours of items collected.

Eg: Use prepositions with a cone and ball.

Put the ball under the cone.

Put the ball on top of the cone.

Put the ball next to the cone.

Put the ball in front of the cone.

## Supplementary Equipment:

Tails can be made from scraps of fabric.

Cones can be made from bottles filled with small stones or cut in half to make two cones.

Water bottles can also be used instead of balls for relay and tagging games.



For further information about Friends of Rwandan Rugby and videos of the activities contained in this booklet go to our website:

[friendsofrwandanrugby.com](http://friendsofrwandanrugby.com)

With special thanks to:



For funding equipment  
[minitravellers.co.uk](http://minitravellers.co.uk)

STRAWBERRYINK

For booklet design/artwork