

Rugby Pass Challenge

CHALLENGE:

- Students have 5 minutes to make as many successful rugby passes through the hula-hoop as possible as a class.

ORGANIZATION:

- Two or more teams of 5 to 10 participants
- The team is lined up facing the hula-hoop 2 meters from the hoop.
- The first player steps forward and, using a rugby pass, must pass the ball through the hula-hoop towards the “catcher”.
- Once the pass is made, the student who passed the ball becomes the hula-hoop holder and the student who was holding the hula-hoop becomes the catcher. The catcher takes the ball to the next person in line.
- The catcher does not need to catch the ball, they are there to bring the ball to the line.
- The minimum goal to receive one draw credit is: Cycle 1: **5 passes** Cycle 2: **10 passes** Cycle 3: **15 passes** - Bronze Level
- The minimum goal to receive two draw credits is: Cycle 1: **10 passes** Cycle 2: **15 passes** Cycle 3: **20 passes** -Silver Level
- The minimum goal to receive three draw credits is: Cycle 1: **20 passes** Cycle 2: **25 passes** Cycle 3: **30 passes** - Gold Level

EQUIPMENT:

- 1 rugby ball or football (per team)
- 1 hula-hoop (per team)

DURATION:

- 5 minutes

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