

Seniors

SIX NATIONS

THEMED PROGRAMME



AIM

The Six Nations is an annual rugby tournament between Europe's greatest rugby nations. Explore which teams take part, give some rugby skills a try and learn more about the game and this tournament.

ACTIVITIES

-  Six Nations: Which Country?
-  Watch a Rugby Game / Visit a Stadium
-  Rugby Passing: Keep It Moving
-  Rugby Key Words
-  The Rugby Reactions Game
-  A Faithful Fan

SIX NATIONS

» INTRODUCTION

This Six Nations is a rugby tournament between England, France, Ireland, Italy, Scotland and Wales. Each team plays each other once and the team with the most points at the end wins.

The Six Nations began as a smaller tournament between England, Ireland, Scotland and Wales in 1883. France were added in 1910 and Italy in 2000.

The Six Nations in 2022 takes place from 5th February – 19th March.


? DID YOU KNOW?

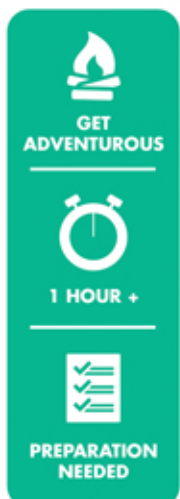
- The Six Nations is an annual competition.
- 2022 will be the tournament's 128th edition. Three teams – Scotland, Wales and Ireland – have featured in them all.
- If a team wins all their games, this is called a 'Grand Slam'. Wales last did this in 2019.
- England have the most Grand Slam wins.
- In 1973, 5 teams competed and they all finished the tournament on the same points, meaning they all were crowned champions.



GET LEARNING: ME AND MY WORLD SIX NATIONS: WHICH COUNTRY?

Find out some of the history of the Six Nations tournament and some facts about each nation and their performance over the years.

- 1  Download the 'Six Nations: Which Country?' PowerPoint. You'll need a projector / large TV screen to display this on.
- 2 Split into pairs / small teams for this activity.
- 3 Within the PowerPoint are 10 questions, themed around the six nations. Show the questions and then consider your answer. Write down your answer on a piece of paper or take turns calling out your predicted answer.
- 4 Reveal the answer on the PowerPoint and take a look at the fact included with it.
- 5 Award a point for anyone who gets the answer correct. The pair / team with the most points at the end of the activity win.



GET ADVENTUROUS: VISITS AND TRIPS WATCH A RUGBY GAME / VISIT A STADIUM

- 1 Go and watch a professional rugby game in action. See how many of the rules and terminology you have picked up from the activities in this themed card. This could be your local rugby team or it could be taking a trip to your national stadium to watch an international game. For some young people, this could be their first experience of watching rugby.
- 2 Alternatively, if you have a rugby stadium nearby, arrange for a tour of the stadium. See behind the scenes, take a look inside the changing rooms and catch a glimpse of the trophy cabinet.



GET ACTIVE: PLAYING SPORT

RUGBY PASSING: KEEP IT MOVING

A game designed to test your ability to pass a rugby ball accurately whilst under pressure.

- 1 Use cones to mark out the boundaries of your playing area. The larger the space, the better.
- 2 Split into two teams. All players should start the game within the playing area, standing wherever they wish to.
- 3 One team starts with the ball (this will alternate between rounds). On 'Go', all players can move about the space. The team in possession need to try and pass the ball around between themselves without losing possession or dropping the ball. Players can move with the ball and passes can be in any direction. All passes must be two handed (no tapping the ball on with just one hand). However, no player can hold the ball for longer than 3 seconds before passing it. If they do, possession is handed over to the other team.
- 4 The other team must try to put pressure on the team with the ball and intercept a pass where possible. Players can be 'tackled' by tagging the player with two hands. If tackled, the ball is handed over to the other team. If a ball is dropped, possession is passed to the other team also.
- 5 **Scoring:** Place a time limit (i.e. 1 minute) on each round. Count the number of successful passes the team makes before they are tackled, drop the ball, get intercepted, hold the ball for longer than 3 seconds or run out of time (i.e. the 1 minute). Keep alternating between the two teams, with each team trying to get the highest score. Start each round from zero, with teams trying to beat whatever the current 'high score' is.
- 6 Play as many rounds as you wish. The team with the highest score win.



GET LEARNING: ME AND MY WORLD

RUGBY KEY WORDS

Download and print the 'Rugby Key Words' activity sheet. A leader should cut the cards into their individual cards (i.e. words are separate to their definitions). This activity can be completed in a couple of different ways.

Find the Word: Spread all the words around the edge of the meeting space. A leader should read out one of the definitions. Either working individually or in pairs/small teams, hunt around the meeting space trying to find the word that matches the definition. The first person / team to find the correct word wins that round. Continue playing, seeing who scores the most points by the end.

That's a Match: Turn all the cards upside down on a table. Working as individuals or as pairs/small teams, take turns in turning over two cards, trying to match the word to its definition. Cards that don't match should be turned back over and the next person takes their turn. If it is a match, remove the cards from the game. Whoever has the most cards at the end of the activity wins.



GET ACTIVE: PLAYING SPORTS

THE RUGBY REACTIONS GAME

This game is all about testing out your reaction speeds for catching an unexpected rugby pass.

- 1 Form a semi-circle around a leader (or a young person who is leading the game). The leader should be holding a rugby ball. They keep hold of this ball throughout the whole game.
- 2 Allocate one end of the semi-circle as the 'top' and the other end as the 'bottom'. The person at the top of the semi-circle should start the game with a ball in their hands also.
- 3 The person at the top of the circle should pass their ball to the leader who will then use the ball in their hands to deflect it to one of the other players in the circle.
- 4 The person who the ball moves to will need to catch it and then pass it back to the leader who will repeat the process of deflecting the ball to another player.
- 5 Keep going until a player drops the ball. They must now go and stand at the bottom of the 'semi-circle'. All other players lower in the semi-circle can move up a position.
- 6 Continue playing. The aim of the game is to try and reach the top of the semi-circle and stay there for as many rounds as possible. Keep a tally of who stays in the top spot the longest.



GET INTO THE BIBLE: DEVELOPING MY FAITH

A FAITHFUL FAN

- 1 Being a fan of a rugby team, just like in any other sport, can often involve good times and bad. As a group, share which sports teams you all follow and talk about the highs (winning trophies, getting promoted) and the lows (really bad performances, relegation) associated with being a supporter of that team. What has been your most memorable moment as a fan?
- 2 Every sports team experience bad spells, upsets and disappointments. In the Six Nations, Italy have finished last place in 16 of the last 22 tournaments. However, despite that, millions of fans still passionately support their team and wear their team colours with pride. They are faithful fans.
- 3 Can you think of any examples of friends and family who could be described as a 'glory supporter' or a 'bandwagon fan'? People that like to get involved and celebrate the good times, but are never seen or heard from during the bad times and poor performances.
- 4 What kind of 'fan' are you when it comes to having faith in God? Do you lean and rely on God during the good times as well as the bad? Are you just as quick to thank him for life's wins as you are to call him up in prayer when you need a favour or some help? Does God only cross your mind when you need something from him, or is he an important part of your everyday life?
- 5 God loves a faithful fan. Being a faithful fan is all about opening your heart to God, asking him to guide your life and allowing him to teach you what you should do. Being a faithful fan is about making a decision to let God in and then continuing to find space for him through the good times and the bad. Finish in prayer, asking God for his support in becoming a faithful fan.

RUGBY KEY WORDS

BONUS POINTS	A method of deciding table points from a rugby union match. This encourages attacking play throughout a match, to discourage repetitive goal-kicking, and to reward teams for "coming close" in losing efforts.
BLINDSIDE	The narrow side of the pitch in relation to a scrum or a breakdown in play
BLOOD BIN	A player who has a visible bleeding injury may be replaced for up to fifteen minutes, during which he or she may receive first-aid treatment to stop the flow of blood and dress the wound. The player may then return to the pitch to continue playing.
CONVERSION	If a team scores a try, they have an opportunity to score a further two points by kicking the ball between the posts and above the crossbar. The kick is taken at any point on the field of play in line with the point that the ball was grounded for the try, parallel to the touch-lines
DROP KICK	When a player kicks the ball from their hand and the ball touches the ground between being dropped and kicked. If the kick goes through a goal then it results in a drop goal.
HAND-OFF	The action by the ball carrier of repelling a tackler using their arm. For the action to be legal, the ball carrier's arm must be straight before contact is made; a shove or "straight-arm smash", where the arm is extended immediately before contact or on contact, is illegal and classed as dangerous play.
KNOCK-ON	When a player loses possession of the ball and goes forward off the hands or arms of a player and hits either the ground or another player. It results in a scrum with the put-in to the opposition.
LATE TACKLE	A tackle executed on a player who has already passed or kicked away the ball. As it is illegal to tackle a player who does not have the ball

RUGBY KEY WORDS

OFF-LOAD PASS	A short pass made by a player being tackled before they reach the ground, usually by turning to face a team-mate and tossing the ball into the air for a team-mate to catch.
PENALTY TRY	Awarded if the referee believes a team illegally prevented a try from probably being scored.
PHASE	The time a ball is in play between breakdowns.
PROFESSIONAL FOUL	A deliberate act of foul play, usually to prevent an opponent scoring.
RUCK	When the ball is on the ground and two opposing players meet over the ball. Players compete for the ball by attempting to drive one another from the area and to 'ruck' the ball backwards with their feet.
SCRUM	The eight forwards from each team bind together and push against each other to try and win the ball. The ball is fed into the middle and both teams push against each other trying to gain possession.
SIN BIN	The notional area where a player must remain for a minimum of ten minutes after being shown a yellow card.
SPEAR TACKLE	A dangerous and illegal tackle in which a player is picked up by the tackler and turned so that they are upside down. The tackler then drops or drives the player into the ground often head, neck or shoulder first.