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|---------------------|--|------|--------|-------|----------------------------|
| Topic | Tag Rugby | Year | Year 1 | Theme | Passing and Simple Tactics |
| Learning Objectives | <ul style="list-style-type: none"> To be able to pass the ball backwards. | | | | |

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|-------------------|--|-------------|-------------------------|-----------|---|
| Literacy Keywords | Tag rugby, belts, target, catch, space, attack, defend, try | Citizenship | Cooperation with others | Numeracy | Keep score of the game |
| Risk Assessment | <ul style="list-style-type: none"> Area safe and checked – any hazards removed. Equipment safe and checked. Safety information highlighted to participants. Suitable clothing and footwear worn by participants. | | | Equipment | <ul style="list-style-type: none"> Balls Cones Tag belts |

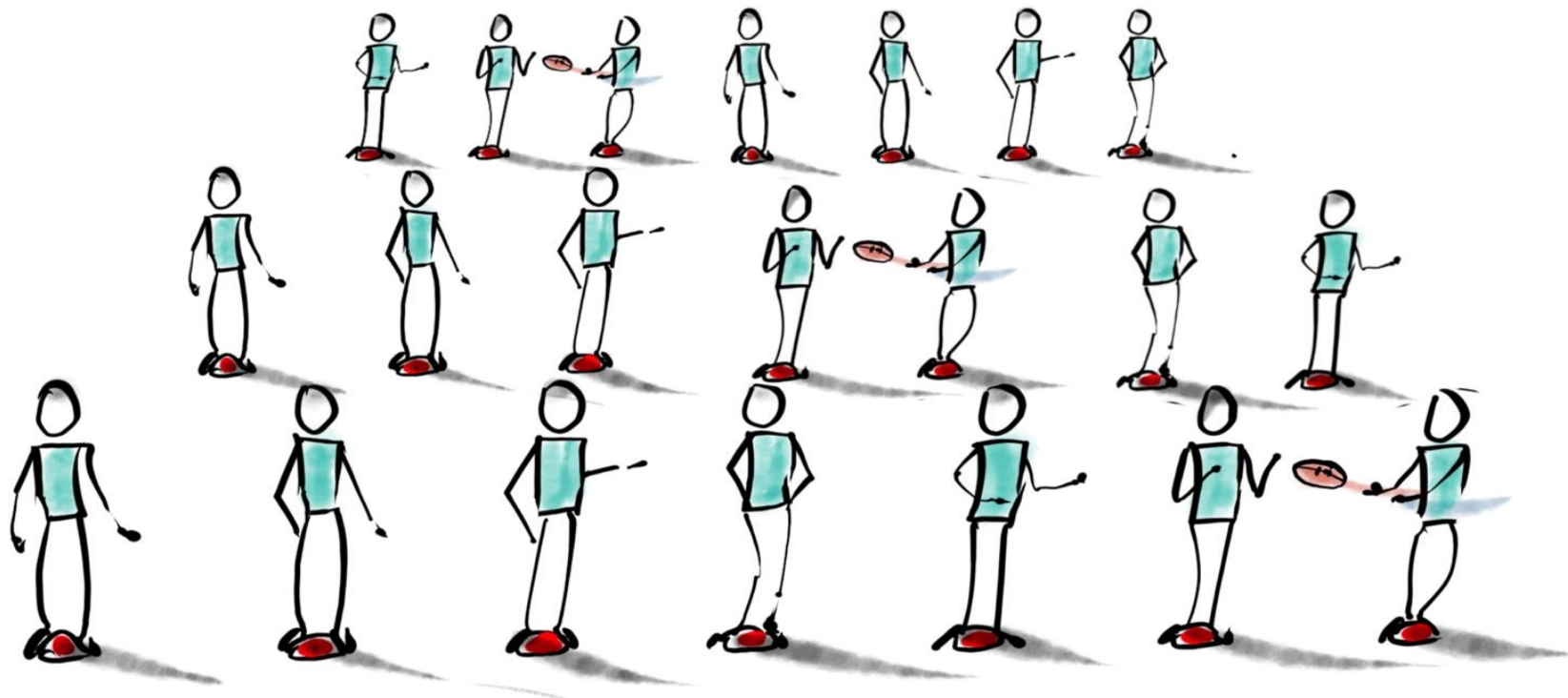
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| Teacher Notes | <ul style="list-style-type: none"> The aim of this lesson is to ensure the children understand you must pass backwards in Tag Rugby. |
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| Warm Up | Follow the Leader | Duration: 10 mins | Teaching Points |
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| <ul style="list-style-type: none"> • Explain to the pupils that in rugby, the ball must be passed backwards. • Split the class into 6 groups. Tell the children that the person at the front is the 'Leader'. This will change throughout the game. They must follow that person and stay in a line. • If they are struggling to stay together, start with the children walking. Then jogging, and then running. | | | <ul style="list-style-type: none"> • Children must jog into space. • Rugby is a team game, so is this game. The leader should not be trying to lose their team. • They must find space and run into it |
| To make activity harder | | | |
| <ul style="list-style-type: none"> • Pupils to stand in a line with the Leader holding a rugby ball. The Leader runs in any direction (remind pupils about running into spaces), the rest of the group follows the leader, not too close. When the teacher shouts "pass", the Leader passes the ball to the player behind them who becomes the new Leader (the previous Leader goes to the back). • They must stop and count to 5 before passing the ball, the same as when they will be playing a game. | | | |



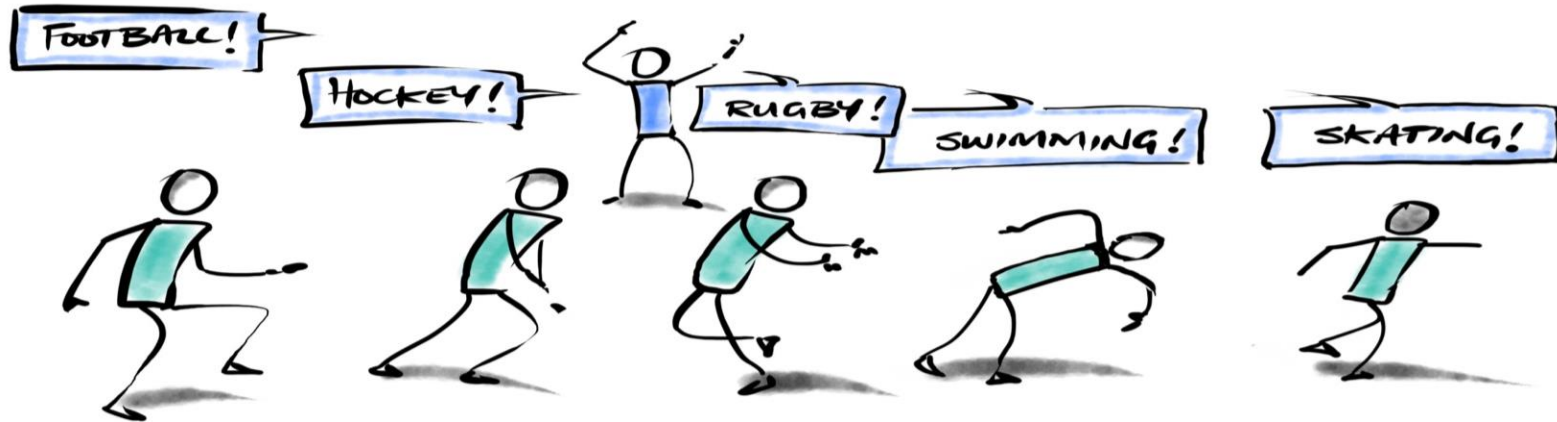
| Skill Development | Passing | Duration: 10 mins | Teaching Points |
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| <ul style="list-style-type: none"> Split the class into groups of 6. Make a line of cones 1m apart. Each child is to stand on one of the cones. Some lines may have more or less than 6 but that is okay for this task. The ball is at the front of the group and all the children must face forwards. On the whistle the groups must pass the ball down the line and back again. | | | <ul style="list-style-type: none"> Rugby is a team game; children must encourage each other. If the ball is dropped the best thing to do is pick it up and carry on. If they leave the ball the other team could get it. They must count to 5 before passing the ball |



| Skill Development | Passing Backwards | Duration: 20 mins | Teaching Points |
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| <ul style="list-style-type: none"> Using the same set up as the previous task. Now have the children all face the same way (shoulders to shoulder). They must now try to pass the ball down the line and back. This will force them to pass the ball sideways (allowed in rugby) or even backwards. Once they have stepped forward and passed the ball, they must step back to their original position. Except the person on the end. They stay forward and pass the ball to a child stood in their original position. | | | <ul style="list-style-type: none"> Swing their arms across their body to create enough power to pass the ball sideways. Do not rush, it is not a race. It is better to be slow and catch the ball. They must count to 5 before passing the ball. |
| To make activity harder | | | |
| <ul style="list-style-type: none"> The child that starts with the ball takes one step forward and then passes the ball. The next child that catches the ball must do the same. All the way to one end. They then reset to their start positions and pass it down the line again. | | | |



| Cool Down | Sport Charades | Duration: 5 mins | Teaching Points |
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| | <ul style="list-style-type: none"> Ask the children to move in response to the teacher's instruction who is calling out different sports for the children to act out as clearly as possible: Football, Hockey, Rugby, Swimming, Skating, etc. | | <ul style="list-style-type: none"> Keep your head up when moving directions Listen for instructions, and follow the acting out the sport. |



| Plenary | Teaching Points |
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| <ul style="list-style-type: none"> Which way are we allowed to pass? Which way do we move when we catch the ball? How many seconds do we count before passing the ball? | <ul style="list-style-type: none"> Backwards and sideways Forwards 5 |

