

Topic	Tag Rugby	Year	Year 1	Theme	Introduction to Tag Rugby
Learning Objectives	<ul style="list-style-type: none"> <li>To be able to throw and catch a rugby ball.</li> <li>To run with the ball in two hands.</li> </ul>				

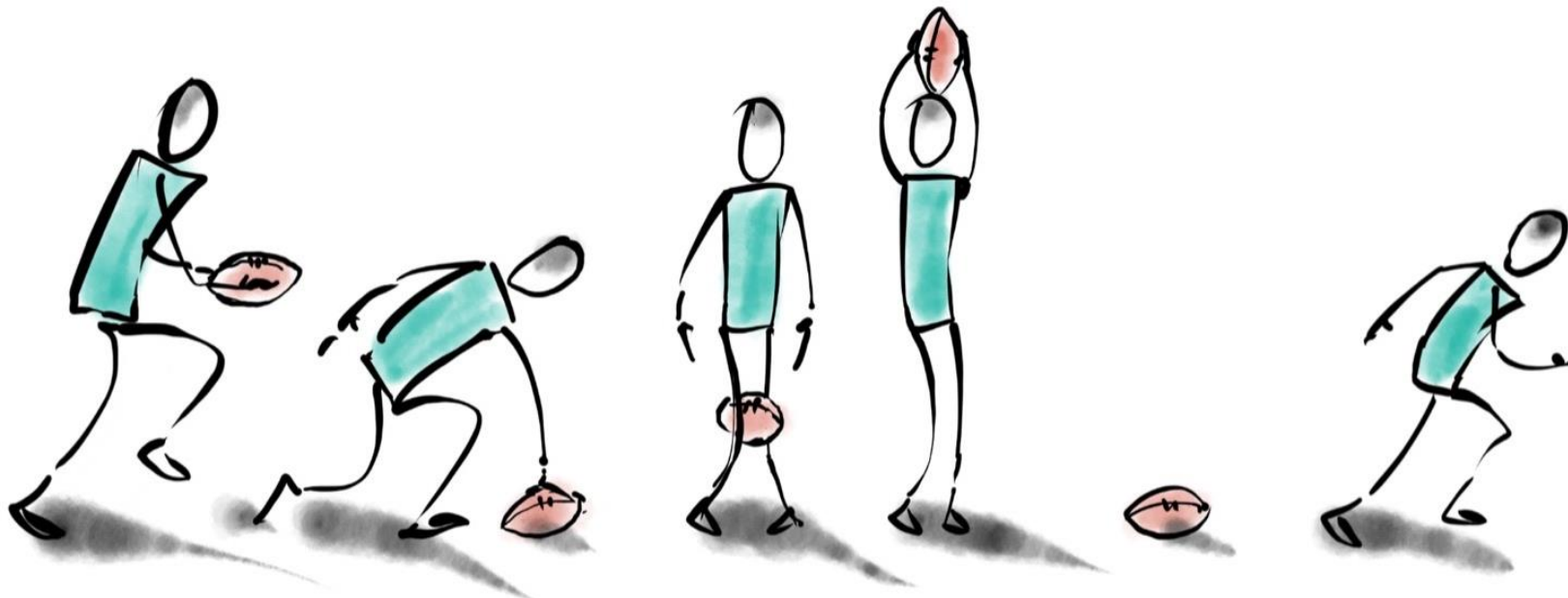
Literacy Keywords	Tag rugby, belts, target, catch, run, throw	Citizenship	Cooperation with others	Numeracy	Keep score of game
Risk Assessment	<ul style="list-style-type: none"> <li>Area safe and checked – any hazards removed.</li> <li>Equipment safe and checked.</li> <li>Safety information highlighted to participants.</li> <li>Suitable clothing and footwear worn by participants.</li> </ul>			Equipment	<ul style="list-style-type: none"> <li>Rugby balls</li> <li>Cones</li> </ul>

Teacher Notes	<ul style="list-style-type: none"> <li>Use this lesson to give the pupils as much opportunity as possible to get used to the rugby play. Holding, passing and playing with the ball.</li> </ul>
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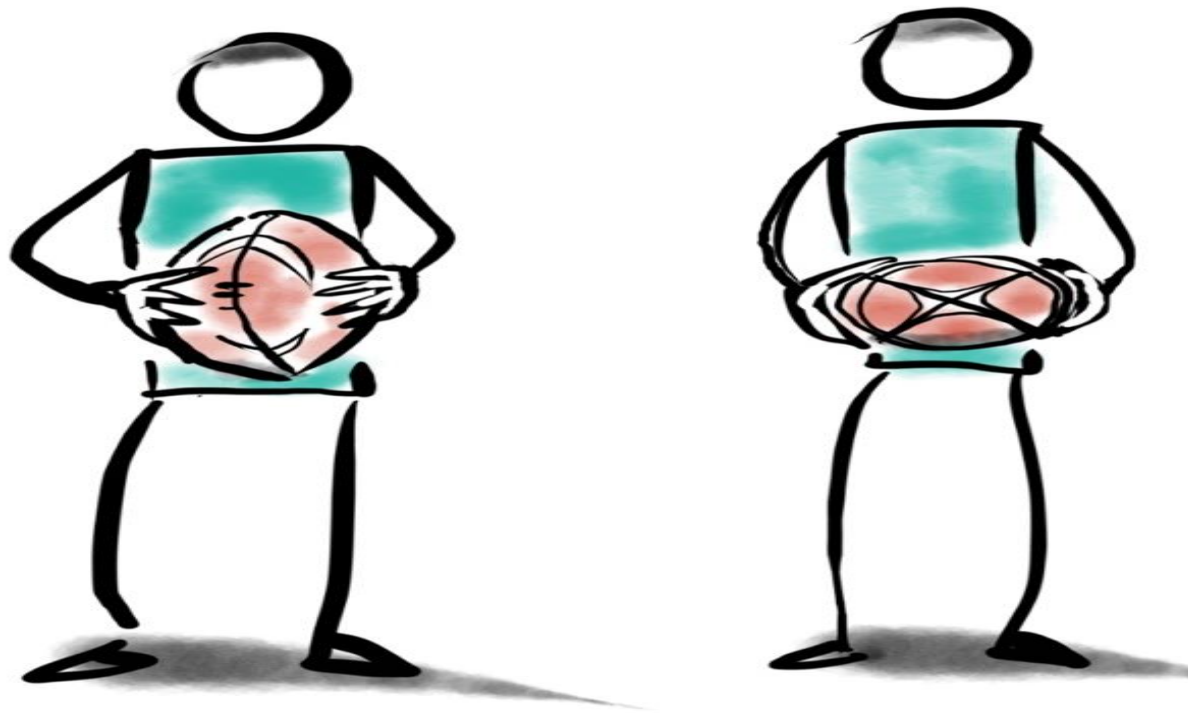


Warm Up	Rugby Ball Commands	Duration: 10 mins	Teaching Points
<ul style="list-style-type: none"> <li>• Give each child a rugby ball (If you do not have enough for one each, then put the children into pairs and have one child with the ball and the other stood directly behind following their partner).</li> <li>• They must hold the ball in two hands whilst jogging around the area. They then react to commands from the teacher. Some examples are:</li> <li>• Put the ball on the floor, put it between your legs, hold it on your head, leave it on the floor, collect any ball, throw and catch.</li> </ul>			<ul style="list-style-type: none"> <li>• Two hands on the ball.</li> <li>• Do not bump into anyone.</li> <li>• Look where you are going</li> </ul>





Skill Development	Introduction to the Ball	Duration: 10 mins	Teaching Points
<ul style="list-style-type: none"> <li>• Following on from the warm up.</li> <li>• Allow the children 10 minutes to become familiar with the ball.</li> <li>• Ask them to throw and catch it, bounce it, squeeze it, hold it and generally explore what the ball is.</li> </ul>			<ul style="list-style-type: none"> <li>• They must use two hands to throw and catch the ball.</li> <li>• Allow them to discover the ball for themselves.</li> <li>• Ask them about the shape and how it bounces etc.</li> </ul>





Game	Ball Introduction: Relays	Duration: 20 mins	Teaching Points
<ul style="list-style-type: none"> <li>Place 6 cones in a line with a 1m gap between them.</li> <li>Split the class into 6 equal groups and line the children up one behind the other.</li> <li>Place a cone roughly 10m opposite the line of children.</li> <li>The children are to run around the cone with the ball in two hands and then return to their group where they pass the ball to the next person waiting.</li> <li>They run twice each before changing the way that they pass the ball.</li> <li>Variations on passing the ball include:</li> <li>Place it into their hands, pass it to them, roll the ball on the floor to them, place the ball in front of them (like scoring a try).</li> </ul>			<ul style="list-style-type: none"> <li>Carry the ball in two hands.</li> <li>The player waiting must have two hands in front of their chest, ready to receive the ball.</li> <li>They must run around the cone.</li> </ul>





Cool Down	Up Down	Duration: 10 mins	Teaching Points
<ul style="list-style-type: none"> <li>• Give each child a rugby ball.</li> <li>• When the teacher says “down” they must PLACE it down. Do not drop the ball. When the teacher says “up” they must pick it up with two hands. Repeat game.</li> <li>• Change the way that they move...</li> <li>• Run, jog, backwards, sideways, slow motion, high knees.</li> <li>• They can collect any ball in the area.</li> <li>• If there are not enough rugby balls for one each, put the pupils into pairs and instruct them to take turns to react to the instructions.</li> </ul>			<ul style="list-style-type: none"> <li>• Collect the ball in two hands.</li> <li>• Carry the ball in two hands.</li> <li>• Place the ball down with two hands (scoring a try).</li> </ul>



Plenary	Teaching Points
How many hands should we use when carrying the rugby ball?	
How many hands should we use to catch the rugby ball?	

