

Topic	Tag Rugby	Year	Year 1	Theme	Simple Decision Making
Learning Objectives	<ul style="list-style-type: none"> <li>Understand who the attackers/defenders are.</li> <li>Decide when to pass and when to run.</li> </ul>				

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"> <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>Balls</li> <li>Cones</li> <li>Tag belts</li> <li>Spot mats</li> </ul>

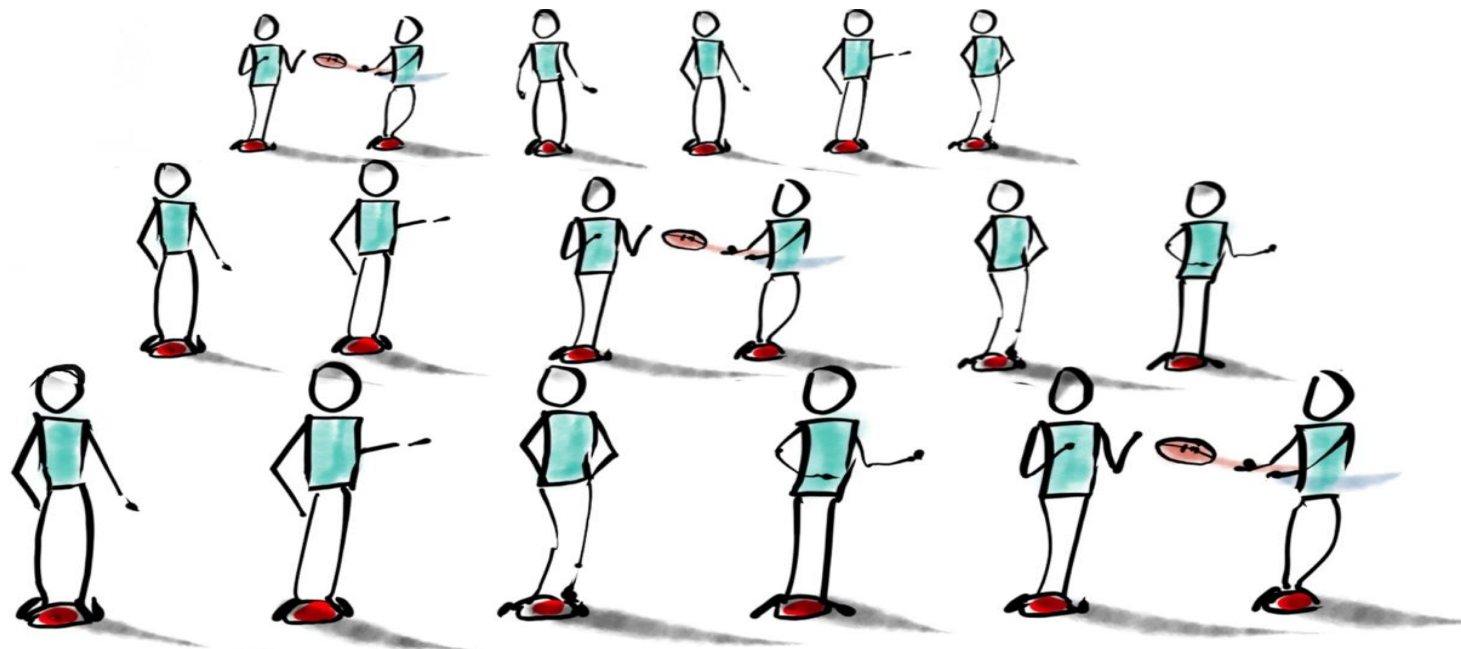
Teacher Notes	<ul style="list-style-type: none"> <li>This lesson will challenge the children as they now have to make decisions. Allow them plenty of time trying to complete each task. It may take a little while for them to grasp the concepts but this is normal.</li> </ul>
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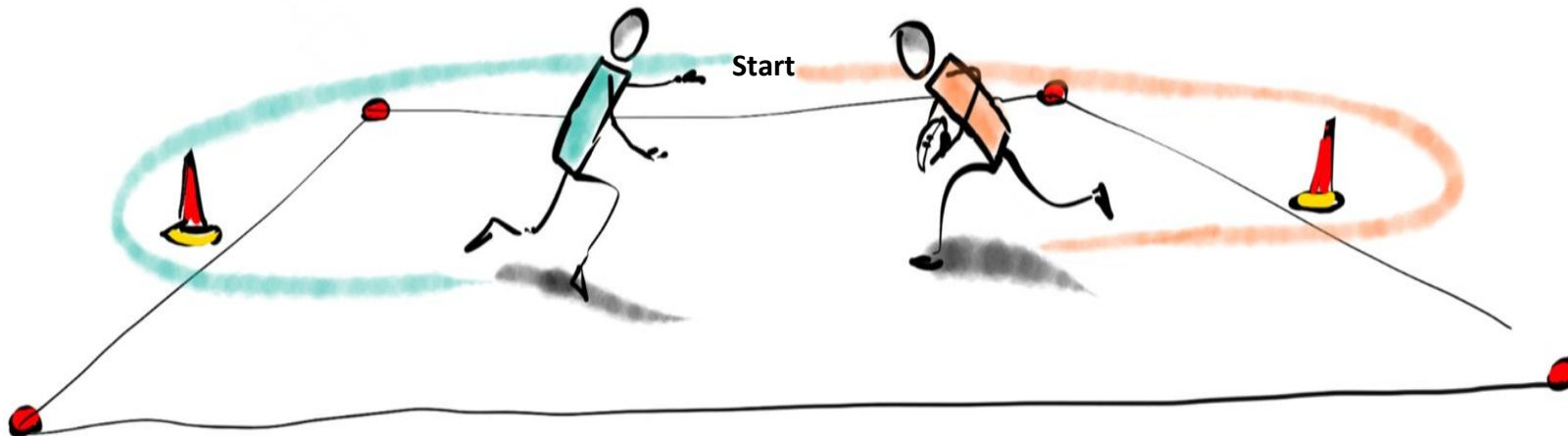
Warm Up	Invisible Rugby	Duration: 10 mins	Teaching Points
	<ul style="list-style-type: none"><li>• Explain to the children they must pretend they are playing rugby on their own. They need to use their imaginations for this game.</li><li>• Each command that is given by the teacher must be followed.</li><li>• Some examples could be: walk, run, score a try, celebrate a try, jump, pass the ball, catch the ball, run around a defender, etc.</li></ul>		<ul style="list-style-type: none"><li>• Head up looking where you are going.</li><li>• Try to 'dodge' other children and not bump into anyone else.</li></ul>



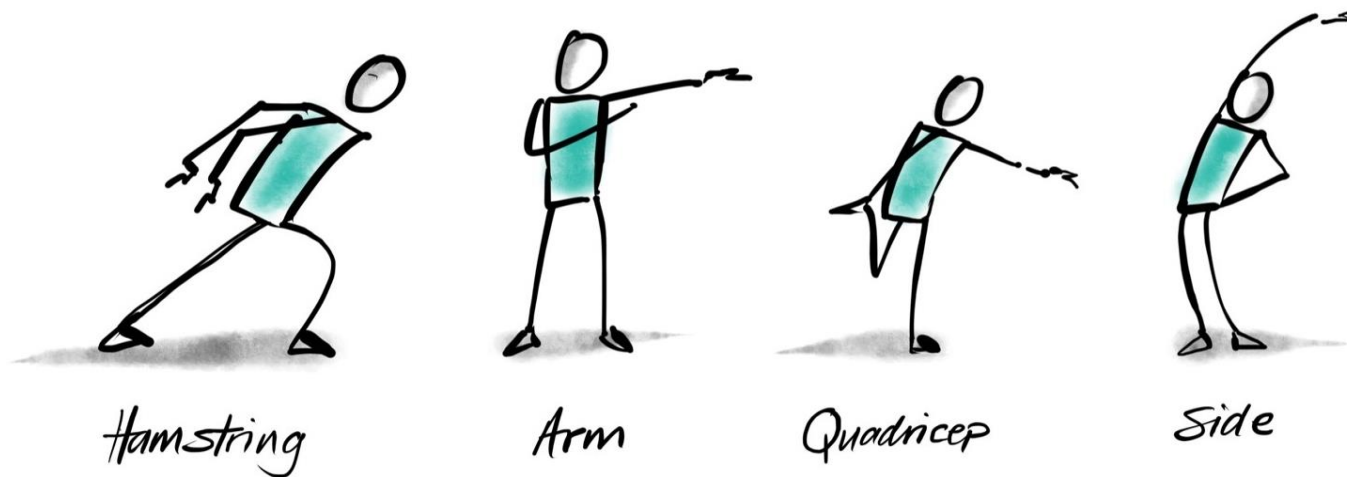
Skill Development	Ball Familiarisation	Duration: 10 mins	Teaching Points
<ul style="list-style-type: none"> <li>Split the class into groups of 6.</li> <li>Make a line of cones 1m apart.</li> <li>Each child is to stand on one of the cones.</li> <li>Some lines may have more or less than 6 but that is okay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



Game	Beating Defenders	Duration: 10 mins	Teaching Points
<ul style="list-style-type: none"> <li>Set up an area approximately 5 x 5 steps with a cone on each of the try lines.</li> <li>Players start on the end line.</li> <li>Play a 1v1 rugby game, with both players running around their middle cone. The player with the ball attempts to score by placing the ball past the try line, whilst the other player defends the try line (the line with the middle cone.)</li> <li>Set up lots of areas (if you have the space) so that children are not sat around waiting for their turn.</li> </ul>			<ul style="list-style-type: none"> <li>Use running and dodging to avoid the defenders.</li> <li>Make a decision whether they want to pass or not. (Progression.)</li> <li>Wait 5 seconds if they get tagged before passing (if playing a progression).</li> </ul>
<b>To make activity harder</b>			
<ul style="list-style-type: none"> <li>Add a player to pass the ball to the attacker whilst on the move to make catching a factor in the game.</li> <li>Add an extra attacker so they have the option to pass.</li> <li>Add an extra defender.</li> </ul>			



Cool Down	Static Stretches	Duration: 10 mins	Teaching Points
	<ul style="list-style-type: none"> <li>• Standing still. Inform the children they will be stretching some of their large muscle groups.</li> <li>• This will be led by the children.</li> <li>• Ask them to recall what they did in a previous lesson and have them show the class.</li> <li>• They must cover all the parts covered in last week's lesson.</li> </ul>		<ul style="list-style-type: none"> <li>• Arms</li> <li>• Core</li> <li>• Legs</li> <li>• Have the children hold their position for 5 seconds?</li> </ul>



Plenary	Teaching Points
<ul style="list-style-type: none"> <li>• Who are the attackers?</li> <li>• Who are the defenders?</li> <li>• Do you have to pass to get around the defender?</li> </ul>	<ul style="list-style-type: none"> <li>• Team with the ball</li> <li>• Team without the ball</li> <li>• No, you can run</li> </ul>

