

Topic	Tag Rugby	Year	Year 1	Theme	Introduction to Tag Rugby – Passing and Moving
Learning Objectives	<ul style="list-style-type: none"> To be able to throw and catch to themselves. To be able to throw and catch with a partner. 				

Literacy Keywords	Tag rugby, belts, target, catch, pass, run	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"> Rugby balls Cones

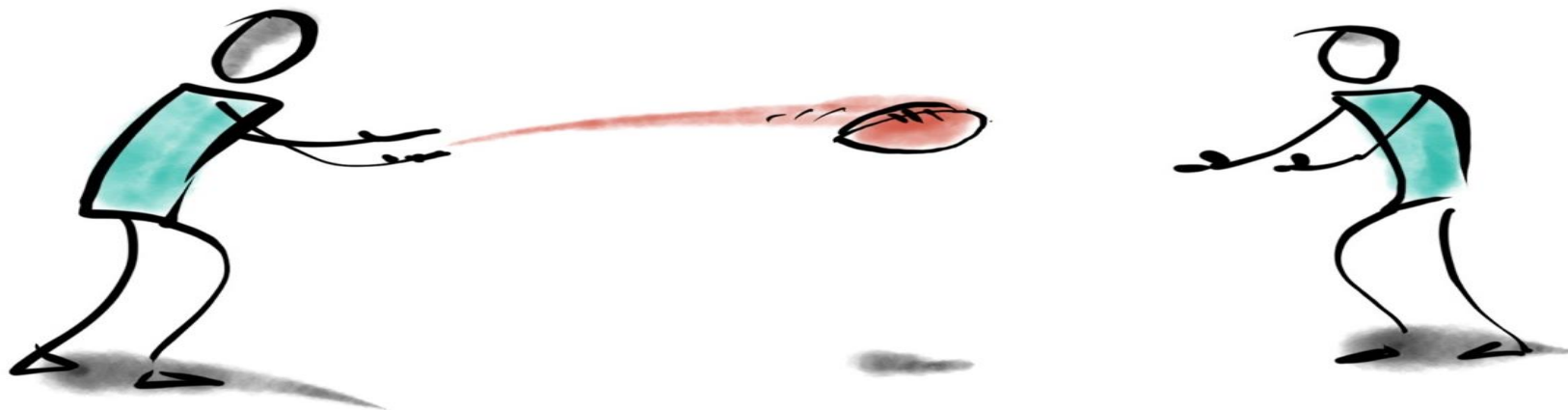
Teacher Notes	<ul style="list-style-type: none"> The main aim of this session is to develop the passing skills of the children.
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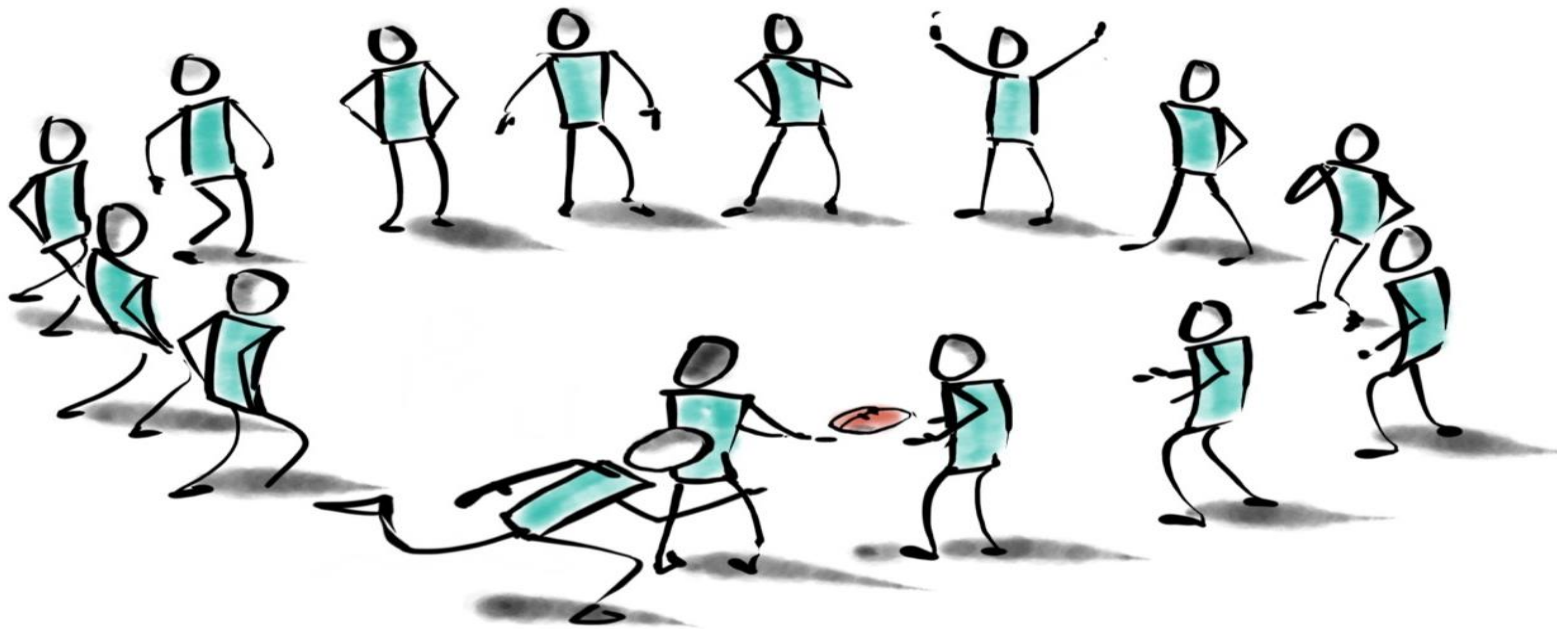
Warm Up	On the Spot	Duration: 5 mins	Teaching Points
<ul style="list-style-type: none"> • Spread marker spots around the area – one for each child to stand on in a space. • Ask the children to perform the following actions on their marker spots: <ul style="list-style-type: none"> ◦ Jogging, bouncing, star jumps, high knees, heel flicks. • Keep calling out different actions for the children to perform. 			<ul style="list-style-type: none"> • Perform good quality actions. • Listen carefully and follow instructions. • Gradually increase the intensity of the activity.
To make activity harder			
<ul style="list-style-type: none"> • Ask the children if they can think of different actions to perform. • Ask the children to perform their idea for the rest of the class so they can copy and learn from each other. 			



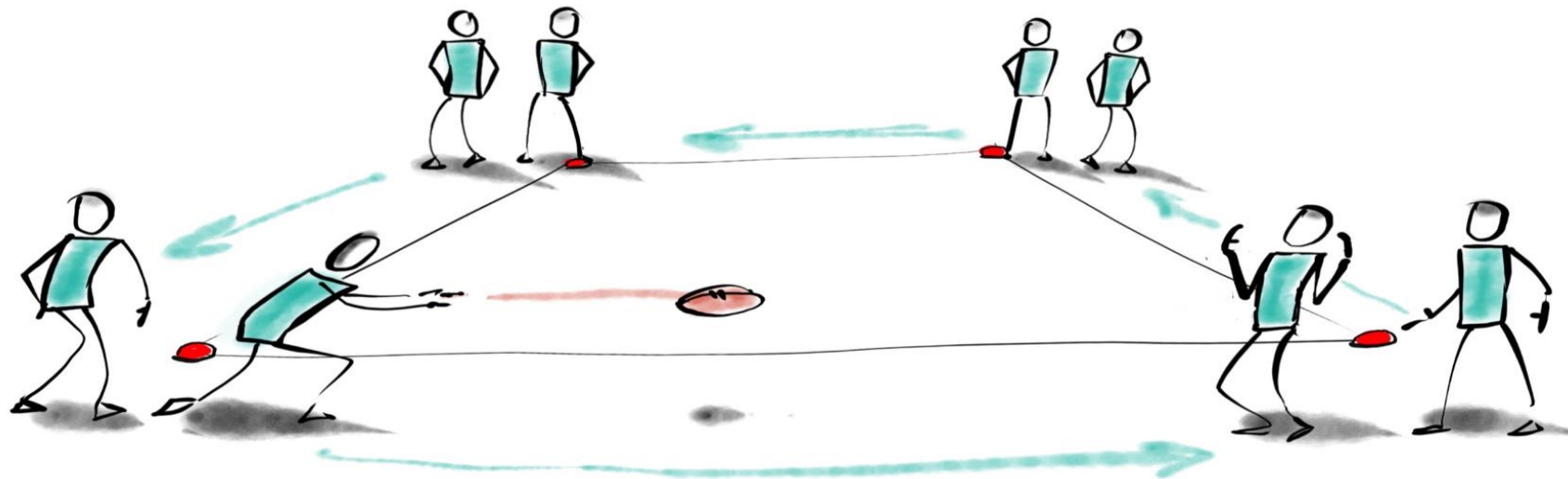
Skill Development	Throw and Catch in Pairs	Duration: 15 mins	Teaching Points
<ul style="list-style-type: none"> Children must be in pairs facing each other. Explain that pupils are allowed to pass the ball forwards in this game but not in the game of tag rugby. Face your partner and pass the ball backwards and forwards (allow them to set their own distances). Differentiation: Encourage the more able children to stand further apart and then the less able to stand closer together. Ask the children to think of different ways that they could pass the ball. Have the whole class practice some of the good suggestions. (Chest pass, overhead pass, one handed pass etc). 			<ul style="list-style-type: none"> Two hands to throw and catch the ball. Allow them to throw it whichever way they are comfortable. Progression: teach them to pass by bringing the ball back towards their hip and throwing forwards using a 'low to high' action. Their hands should travel to their hip and finish in front of their chest.
To make activity harder			
<ul style="list-style-type: none"> Stand further apart. 			
To make activity easier			
<ul style="list-style-type: none"> Stand closer together. 			



Skill Development	Circle Catch	Duration: 15 mins	Teaching Points
<ul style="list-style-type: none"> • Play circle catch as a whole class. • Pupils stand in circle and pass the ball around. • Teacher to blow the whistle. If they have the ball when the whistle is blown, they must pass the ball to the next person and then run around the circle. • The rest of the class must try to pass the ball around as quickly as possible trying to beat the runner before they get back into their space. • When pupils are confident split into 2 smaller groups. (Possible to play with 4 groups if you are confident in their ability). 			<ul style="list-style-type: none"> • Remind the children of the basics of catching and passing. • Two hands to throw and catch. • Hold the ball around the 'body' or 'belly'. • Reacting to the whistle is important in rugby. • Building on their speed and agility.



Game	Square Pass and Move	Duration: 15 mins	Teaching Points
<ul style="list-style-type: none"> Groups of 8 children. Set out a square grid 2 children on each corner. One ball per grid. The children must pass the ball and then join the back of the line that they passed the ball to (pass and follow). 			<ul style="list-style-type: none"> Children should be encouraged to take their time as being accurate will be more successful than rushing. Continue to reinforce the correct technique when throwing (passing). Hands up ready for receiving ball. “w”. Children should work together with their team to help each other out.
To make activity harder			
<ul style="list-style-type: none"> Award 1 point for every time the ball gets around without dropping it. See how many points each team can score in 2 minutes. Repeat and try to beat previous score. Add more balls/change direction. 			



Cool Down	Static Stretches	Duration: 5 mins	Teaching Points
	<ul style="list-style-type: none"> Explain that static means on the spot. This will be teacher led. Inform them that next lesson they will be asked to remember the muscles and the stretches for their cool down. 		<ul style="list-style-type: none"> Hold the stretch for 10 seconds and then change between left and right.



Hamstring



Arm



Quadricep



Side

Plenary	Teaching Points
<ul style="list-style-type: none"> Which way do we pass a rugby ball in a game? 	<ul style="list-style-type: none"> Backwards pass.
<ul style="list-style-type: none"> How many hands do we use to receive a passed rugby ball? 	<ul style="list-style-type: none"> 2 hands.

