

LESSON PLAN: TAG RUGBY: YEAR 3: WEEK 1

LESSON OBJECTIVE: To learn and develop fundamental movement skills.

WARM UP (10 MINS)

Team Tag: Split the class into 2 teams. One team are the chasers, and the other team have a ball each. On the teachers command, the chasers try to tag the ball carriers. If pupils are tagged, they are out and stand outside the playing area to see who is last in. Swap over.

MAIN LESSON (20 MINS)

Discuss their dodging technique: How did they escape the chasers? Explain the term agility (being able to change direction at speed). Place pupils into small groups of 5/6 sat in a line one behind the other. Place cones in a zig zag line out in front of the teams. The first person in the line, stands up, picks up the ball and runs in and out of the cones, turns around and repeats movement on the way back. They place the ball down at the start ready for the next person to pick it up.

Develop: The teacher can use variations. Ask pupils to side step around the cones. Pupils can sprint on the way back showing a change of speed. Make into a competition. Which team can complete the task the quickest?

GAME/COMPETITION (15 MINS)

Set up channels in the working space. Play 1v1. Like the warm up game, one person will be the chaser (the defender), and one will be the ball carrier (the attacker). The ball carrier has to try and get to the other side without the defender tagging them. Points can be awarded if they succeed. Change the defender.

EQUIPMENT

- Cones/markers
- Foam Rugby balls
- Tag belts

KEYWORDS

- Dodging
- Teamwork
- Spatial awareness
- Speed

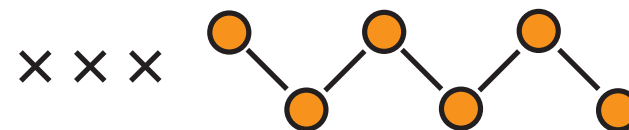
DIFFERENTIATION

LESS ABLE

- In the game, defenders have to walk.

MORE ABLE

- Add more cones in the task or make them further apart from each other.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the dodging skills to a high ability using good agility?
	4	Can they perform the dodging skills with a certain degree of control?
	3	Can they perform dodging skills, but to a low ability?
Tactics, Rules & Teamwork	5	Works in a team & demonstrates the use of tactics & the understanding of rules.
	4	Can work in a team & understands the rules.
	3	Starts communicating within a team.
Show & Link	5	Can they link: all the skills required to dodge effectively and in control, to a high ability?
	4	Can they show and link: how to dodge effectively with good ability.
	3	Show how to change direction with speed.
Describe Ways to Improve	5	Are able to describe and improve performance.
	4	Are able to describe performance.
	3	Are able to see differences in performance against a simple model.
Fitness & Health	5	Shows a solid understanding of why good agility has health benefits.
	4	Has some knowledge of why good agility has health benefits.
	3	Has little knowledge of why good agility has health benefits.