

# LESSON PLAN: TAG RUGBY: YEAR 6: WEEK 1

**LESSON OBJECTIVE:** To learn movement and agility skills related to tag rugby.

## WARM UP (10 MINS)

Explain why we warm up and that we start with a Gross Motor Activity (GMA). This is any activity that uses the whole body to get warmed up e.g. jogging and star jumps etc. In a 20 x 20m area, students are to run around and listen to the teacher's instructions such as walk, jog, run, sprint, hop, jump. Now ask pupils to get with a partner and come up with a GMA together. Explain what dynamic (stretches which involve movement) and static stretches (stretches which are held in a static position for 12 seconds) are. Teacher to demonstrate and pupils to copy the different stretches. Ask pupils to demonstrate their own.

## MAIN LESSON (20 MINS)

Explain the term agility (being able to change direction at speed). Explain to pupils that we need good agility to be able run into spaces away from defenders to avoid being tagged. In small groups of 4, pupils to play keep ball. 3 attackers try to complete 10 successful passes to each other without the defender getting the ball from them. If the defender does get the ball, swap defender. The ball can go in any direction to start with.

**Develop:** Add another ball to keep pupils alert and challenged.

**Develop:** Encourage backwards passing.

## GAME/COMPETITION (15 MINS)

Place pupils into groups of 7 to play end ball. Rules are: No contact, 6 players in a team. When in possession of the ball the team need to get the ball to their goalkeeper who is behind the opposition's try line. The team in possession of the ball run into a space and call for the ball. Change the goalkeepers after every score. All passes must be perfect, pendulum passes. If they are dropped, go out of play or are touched by a defender then the ball is given to the defending team, who now become the attackers.

## EQUIPMENT

- Cones/markers
- Foam rugby balls

## KEYWORDS

- Dodging
- Direction
- Spatial awareness
- Speed

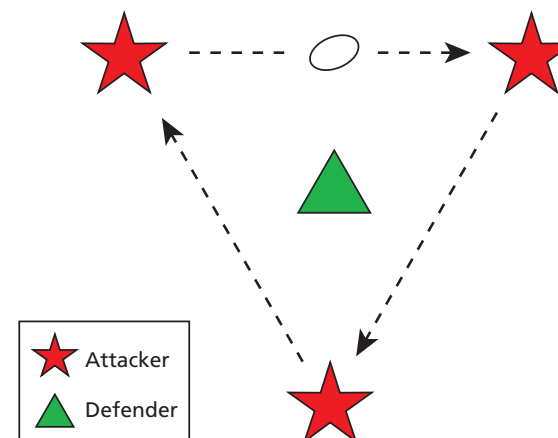
## DIFFERENTIATION

### LESS ABLE

- In the game, defenders have to walk for your less able pupils.
- 5 successful passes scores a point.

### MORE ABLE

- Make the area larger in the keep ball game.
- Backwards passing only in the lesson.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform the agility skills to a high ability using good agility?
	7	Can they perform the agility skills with a certain degree of control?
	6	Can they perform agility skills, but to a low ability?
Tactics, Rules & Teamwork	8	Works in a team & demonstrates the use of tactics & the understanding of rules.
	7	Can work in a team & understands the rules.
	6	Starts communicating within a team.
Show & Link	8	Can they link: dodging, speed and spatial awareness?
	7	Can they show and link: dodging and speed?
	6	Show dodging.
Describe Ways to Improve	8	Are able to describe and improve performance.
	7	Are able to describe performance.
	6	Are able to see differences in performance against a simple model.
Fitness & Health	8	Shows a solid understanding of why good agility has health benefits.
	7	Has some knowledge of why good agility has health benefits.
	6	Has little knowledge of why good agility has health benefits.