

LESSON PLAN: TAG RUGBY: YEAR 6: WEEK 2

LESSON OBJECTIVE: To learn and understand good catching skills and how to support others.

WARM UP (10 MINS)

Pupils in small groups of 6 are to perform their own warm up. Discuss what type of movements they can use and ask them all to take it in turns to lead a pulse raising movement. Ask pupils to demonstrate different stretches for the whole class to copy. Introduce one ball per group and ask them to create a short warm up activity that involves catching. Share around ideas for the best examples.

Question: How long do we hold stretches for? (8-10 seconds)

MAIN LESSON (20 MINS)

Explain the knock on rule (if the ball is dropped and bounces forwards the opposition get possession of the ball) and that if they are jumping up to catch the ball, they need to work as a team to support each other. Pupils are to be placed in small groups of 4 and organised to stand facing another group. One group throws the ball over to the other team. One person from the other team has to jump up to attempt to catch the ball. The other 3 pupils have to quickly re-position themselves to support the catcher- 1 person stands behind, the other 2 on either side, they must aim to be in a diagonal (attacking) line. Take it in turns to be the catcher and then swap over.

Develop: If the catcher is not successful in catching the ball, the support players can attempt to catch the ball before it falls to the ground. Give teams a try line to run to after their catch to link catching with immediate movement.

GAME/COMPETITION (15 MINS)

Split the class into two teams. Ask them to spread out within a set area. The teacher stands on the edge and throws the ball high in any direction. Pupils compete to catch the ball and gain possession. Points awarded for successful catches. If they drop the ball, a point goes to the other team. Add more balls to keep pupils active. Team with the most points wins.

EQUIPMENT

- Cones / markers
- Size 3 rugby balls / foam balls

KEYWORDS

- Eye contact
- Wide hands
- Hug the ball
- Move your feet

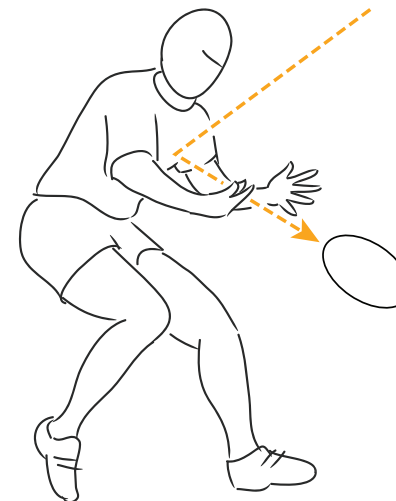
DIFFERENTIATION

LESS ABLE

- Throw the ball up themselves rather than being fed the ball.

MORE ABLE

- Pupils to move further back so more ground to cover on the run in.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform a two handed catch and support technique to a high ability?
	7	Can they perform a two handed catch and support technique with a certain degree of control?
	6	Can they perform a two handed catch and support technique, 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: eye contact, movement, body position and wide hands to catch the ball?
	7	Can they show and link: walking, throwing and catching together?
	6	Show two taught skills together: Throwing and catching to themselves?
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 catching has health benefits.
	7	Has some knowledge of why catching has health benefits.
	6	Has little knowledge of why catching has health benefits.