

# LESSON PLAN: TAG RUGBY: YEAR 6: WEEK 3

**LESSON OBJECTIVE:** To learn how to perform a backwards pass whilst moving.

## WARM UP (10 MINS)

Pupils are to stand in a circle of no more than 5 people within it. One person feeds the ball to every person around the circle for them to catch. The student can try to fool them with low and high throws. If they drop the ball, they have to run around the circle. Rotate the feeder.

## MAIN LESSON (20 MINS)

Demonstrate how to hold the ball and how to throw the ball backwards. In groups of 5, pupils stand in a diagonal line. The students will then pass the ball down the line using the correct pendulum pass technique. When the 5th person has caught the ball they will run to the first cone and every pupil will shuffle down one cone.

**Develop:** Students will line up in straight lines of no more than 5 in each group. They now need to introduce passing on the move and running onto the ball rather than having it passed straight to them. On the call of 'Go' the person with the ball starts to run forward. The second person in the line counts to 2 seconds and then starts his run. Every time the person to the right starts running, students will need to wait 2 seconds then start running so they are up with play and ready to run onto a pass. When the ball has reached the 5th man, he can run and score a try. They will then walk up to the start and repeat.

## GAME/COMPETITION (15 MINS)

5v5: Same task as above, however, now there is a defender looking to shut down the pass, therefore putting pressure on the passing team. Aim is to get the ball to the 5th man without dropping it. The pass should be made just prior to the defender closing the pass down, therefore taking them out of the game.

## EQUIPMENT

- Rugby balls
- Cones / markers

## KEYWORDS

- Hands ready to catch
- Control / accuracy
- Two handed throw and catch.
- Running onto the pass

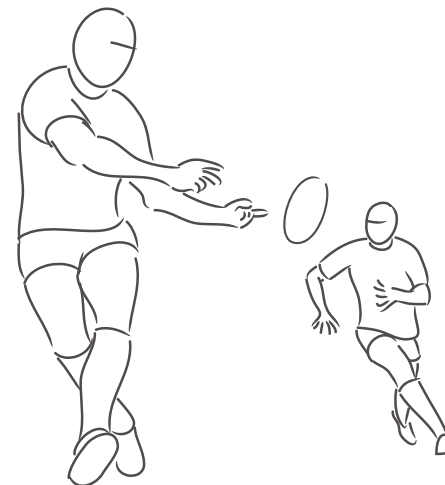
## DIFFERENTIATION

### LESS ABLE

- Pupils stand closer to catch the ball.
- Walking in the development task first before running.

### MORE ABLE

- Stand a larger distance apart from each other in the passing drill.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform their throwing skills to a high ability using a particularly good technique, accuracy and control when under pressure from defenders?
	7	Can they perform their throwing skills with a certain degree of control when under pressure from defenders?
	6	Can they perform their throwing skills, but to a low ability when under pressure from defenders?
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: more than 4 skills together to a high ability?
	7	Can they show and link: throwing, catching and running together?
	6	Show throwing and catching together.
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 throwing and catching has health benefits.
	7	Has some knowledge of why throwing and catching has health benefits.
	6	Has little knowledge of why throwing and catching has health benefits.