

# LESSON PLAN: TAG RUGBY: YEAR 1: WEEK 4

**LESSON OBJECTIVE:** Introduction to defending. Learning to shadow another player.

## WARM UP (10 MINS)

Pupils stand in a circle, with the teacher in the middle. The teacher throws the ball to different pupils in the circle. The pupils must always return the ball to the teacher. If pupils drop the ball, they have to run around the circle.

**QUESTION:** Why do we warm up?

## MAIN LESSON (20 MINS)

Explain the concept of defending. Put pupils in pairs stood one behind the other. Front pupil has the ball. In a set space, plays follow the leader. Encourage pupils to move in different directions and into space. When teacher shouts change, the leader gives the ball to another person and they are now the leader. They must hold the ball with two hands.

**DEVELOP:** Add tags. The follower can catch the leader and pull their tag off. They give them back and start again. See how many times they can catch them in 1 minute. Swap over.

## GAME/COMPETITION (15 MINS)

Cat and Mouse: Choose 3 or 4 students from the class to be the catchers or the 'cats' and send them to the end of the hall/playground to 'sleep'. Give each of the remaining students a coloured band or bib to tuck into the back of their shorts (to be their mouse tails). Shout 'wake up cats'. They then chase the mice and try to catch their tails. The cats have to catch as many tails as they can until they are all gone. When a mouse loses their tail they have to sit down.

## EQUIPMENT

- Balls
- Tags
- Cones/markers

## KEYWORDS

- Speed
- Direction
- Dodging

## DIFFERENTIATION

### LESS ABLE

Create a smaller area for less able on main activity.

Give them only 1 tag instead of 2 on main activity so they have less chance of being tagged.

### MORE ABLE

In the game, if they are the 'cat', they are only allowed to tag someone with their non- dominant hand.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they defend to a high ability?
	2	Can they defend with a certain degree of control?
	1	Can they defend, but to a low ability?
Tactics, Rules & Teamwork	3	Works in a team & demonstrates the use of tactics and a understanding of the rules.
	2	Can work in a team & understands the rules.
	1	Starts communicating within a team.
Show & Link	3	Can they link the skills : defending and moving at speed to a high ability?
	2	Can they show and link : defending with some accuracy?
	1	Show how to shawo an opponent.
Describe Ways to Improve	3	Are able to describe and improve performance.
	2	Are able to describe performance.
	1	Are able to see differences in performance against a simple model.
Fitness & Health	3	Shows a solid understanding of why physical activity has health benefits.
	2	Has some knowledge of why physical activity has health benefits.
	1	Has little knowledge of why physical activity has health benefits.