

LESSON PLAN: TAG RUGBY: YEAR 1: WEEK 5

LESSON OBJECTIVE: An introduction to attacking. To learn how to combine running and passing.

WARM UP (10 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.

MAIN LESSON (20 MINS)

Explain to pupils that in a game, if a defender approaches them, they will need to throw the ball to a team member to stop the defender tagging them.

In Pairs – recap on passing.

Develop this by then asking pupils to run into a space before they make their next pass. Their partner has to keep close by to them so they can catch the ball.

DEVELOP: Introduce hoops. See if they can work their way with their partner from hoop to hoop. Explain they must be standing in the hoop to catch the ball before they can move to the next.

GAME/COMPETITION (15 MINS)

3v1 – In a set space, two pupils must run around and pass to their team players. The defender has to try and tag the person with the ball. If they manage this, that person then becomes the defender. A demonstration will be needed.

EQUIPMENT

- Balls
- Cones
- Tags

KEYWORDS

- Pass and run
- Aim
- Space

DIFFERENTIATION

LESS ABLE

Keep the hoops closer together for less able.

In the game include safe zones in which pupils can't be tagged to allow more time to pass the ball accurately without the added pressure of the defender.

MORE ABLE

Hoops further apart for more able pupils

In the game, make the area bigger for more able pupils.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they attack to a high ability?
	2	Can they attack with a certain degree of control?
	1	Can they attack, 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 : attacking and passing the ball to a high ability?
	2	Can they show and link : attacking with some accuracy?
	1	Show how to get into space to receive the ball.
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.