

## Invasion games- Tag Rugby

Learning Objectives:	Vocabulary:	Content:	Resources:	Assessment:
<b>Acquiring &amp; Developing Skills:</b> To be able to catch a ball consistently To be able to pass the ball accurately and with speed.	Pass Catch Dodge	<b>Lesson 1:</b> <b>Warm-up</b> – Stuck in the mud All players move round the area, four catches try and tag the other players, if a player is tagged, they are stuck. Please are freed when someone runs under their arm.	Rugby balls Tag Belts Cones	Can the children throw the ball correctly?
<b>Selecting &amp; Applying skills, tactics &amp; compositional ideas:</b> To be able to attack as individuals, 2's and 3's To be able to dodge a defender when running towards the goal	Tag Keep possession Keep control Make and use space	Demonstrate how to throw a ball: <ul style="list-style-type: none"> <li>Stand sideways on</li> <li>Hands on side of ball, fingers spread out</li> <li>Swing arms back and forth like a pendulum</li> <li>Release towards receiver</li> </ul>		Can the children move their feet to be ready to catch the ball?
<b>Knowledge and Understanding of fitness and Health:</b> To recognise which activities help their speed, strength and stamina To recognise when speed, strength and stamina are important in games	Support Points, goals Rules Tactics	Practice throwing the ball to partner. Highlight good throwing from chd who have mastered throw. Stand in a circle. Choose a child to run round the circle at the same time as throwing the ball around. See whether ball can beat runner. Choose 3 good players to demonstrate running up the playground passing the ball (up and down the line) Each group to walk it through first, then jog. <i>- What are some of you doing to ensure that the ball is always caught? (accurate throw, moving towards ball..)</i>		Can the children recognise how different activities during the lesson builds up speed or strength?
<b>Evaluating and improving performance:</b> To be able to identify the main aspects of a good performance and suggest how a performance could be improved		Finish with small sided games, if a team get five consecutive passes without being intercepted or knocking on they score a point. Switch position continuously.		Can the children give ideas for improving their own or others performance?

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<b>Acquiring &amp; Developing Skills:</b>  To be able to catch a ball consistently  To be able to pass the ball accurately and with speed.	Pass  Catch  Dodge	<b>Lesson 2</b>  Introduce children to tag rugby belts. Ensure they are fitted correctly, hanging over clothes with tags at sides hanging straight down. Tell children that this is a 'no contact' game.	Rugby balls  Tag belts  Cones	Can the children tag other players?
<b>Selecting &amp; Applying skills, tactics &amp; compositional ideas:</b>  To be able to attack as individuals, 2's and 3's  To be able to dodge a defender when running towards the goal	Tag  Keep possession  Keep control  Make and use space	<b>Warm-up-</b> Play 'stuck-in-the-mud' using tag belts. Choose 2 catchers, when they tag someone they are stuck, others go under arms to free them (tagger must give tag to the owner).  Remind children of how to pass. Pass in pairs then 4's ensuring children are standing sideways.  Practice running up a court in 4's: <ul style="list-style-type: none"> <li>Ensure that thrower passes the ball in line or behind themselves</li> <li>Use a big arm swing to make the pass to go further</li> </ul>		Can the children select how much distance to put into a pass?
<b>Knowledge and Understanding of fitness and Health:</b>  To recognise which activities help their speed, strength and stamina  To recognise when speed, strength and stamina are important in games	Support  Points, goals  Rules  Tactics	Play 'piggy in the middle' with middle person trying to intercept ball. Ensure children are standing sideways to throw and receive.  Children are divided into teams, split in half in lines facing each other (5m apart). Children in front start with ball, they must run half way (cones) and then throw ball. <ul style="list-style-type: none"> <li>Have they moved their feet to turn sideways?</li> <li>Have they swung their arms back before releasing forwards?</li> <li>Are their hands in the correct position?</li> </ul>		Do the children understand the importance of strength in rugby?
<b>Evaluating and improving performance:</b>  To be able to identify the main aspects of a good performance and suggest how a performance could be improved				Can the children pick out children who are intercepting the ball effectively?

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<b>Selecting &amp; Applying skills, tactics &amp; compositional ideas:</b>  To be able to attack as individuals, 2's and 3's  To be able to dodge a defender when running towards the goal	Keep possession  Keep control  Make and use space	Line up horizontally along end of playground. Children to run passing ball along the line: <ul style="list-style-type: none"> <li>The person with the ball must be in front of everyone else</li> <li>The ball can only be passed sideways on backwards, never forwards.</li> </ul> When the children have mastered this (extend MA by having them running it much faster) they can take it step further: <ul style="list-style-type: none"> <li>When children have released the ball (on the far left of the line) they run behind other players to the other end of the line ready to catch again (and this keeps going)</li> </ul>		Can the children understand why to attack and run towards the goal?
<b>Knowledge and Understanding of fitness and Health:</b>  To recognise which activities help their speed, strength and stamina  To recognise when speed, strength and stamina are important in games	Support  Points, goals  Rules  Tactics	<b>Small games-</b> teams of 5 (each on 1/3 of netball court). <ul style="list-style-type: none"> <li>Children must pass the ball to everyone before they can score</li> <li>They can score by placing the ball on their backline within the court</li> <li>If the ball goes out, the other team take a pass</li> <li>If they are tagged they must pass within 3 steps or seconds.</li> </ul>		Do they understand the importance of stamina to games players?
<b>Evaluating and improving performance:</b>  To be able to identify the main aspects of a good performance and suggest how a performance could be improved				Can the children give ideas for improving their own or others performance?

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<b>Selecting &amp; Applying skills, tactics &amp; compositional ideas:</b>  To be able to attack as individuals, 2's and 3's  To be able to dodge a defender when running towards the goal	Keep possession  Keep control  Make and use space	<b>Defending-</b> explain the importance of defending in this fast moving game. Remind children that this is a 'no contact' game.  Split the playground into 3 columns, with the class split into 3, 1 line behind each. Then split each column up into 4 areas and place a child in each. <ul style="list-style-type: none"> <li>• Children must try to run from start to finish without being tagged.</li> <li>• Defenders must try to pull a tag off of the runner, if they succeed runner goes to back of line.               <ul style="list-style-type: none"> <li>- <i>How have children managed to get to the end of the area? What are they doing?</i></li> </ul> </li> </ul> Highlight movements children are doing (twists turns, change of speed, direction).  Swap children over so everyone gets a turn at defending and running.		Can the children defend their area by tagging a runner?
<b>Knowledge and Understanding of fitness and Health:</b>  To recognise which activities help their speed, strength and stamina  To recognise when speed, strength and stamina are important in games	Support  Points, goals  Rules  Tactics	Play small game as last week. Encourage children to use defending skills in the game.		Can the children recognise where speed was used in the small game?
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<b>Selecting &amp; Applying skills, tactics &amp; compositional ideas:</b>  To be able to attack as individuals, 2's and 3's  To be able to dodge a defender when running towards the goal	Keep possession  Keep control  Make and use space	Split the children in half, in 2 lines at end of playground. Place 2 defenders in each column. Children to go in 2's to try and get to end with ball, using points above.		Can the children use spaces to attack and score?   
<b>Knowledge and Understanding of fitness and Health:</b>  To recognise which activities help their speed, strength and stamina  To recognise when speed, strength and stamina are important in games	Support  Points, goals  Rules  Tactics	Once successful put children in 3's.  Large game using whole area. Split class into 3, 1 team off at any time. Encourage supporting each other on the run in case runner is tagged. <ul style="list-style-type: none"> <li>Remember, mustn't pass forwards</li> <li>3 seconds or steps to pass when tagged</li> </ul>		Can the children see why they need speed, stamina and strength in rugby?   
<b>Evaluating and improving performance:</b>  To be able to identify the main aspects of a good performance and suggest how a performance could be improved				Can the children give ideas for improving their own or others performance?   

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