


Lesson Objective	To dodge a defender when running toward a target area	Lesson 1/6
Equipment Needed	Rugby balls, tag belts, cones.	
Success Criteria	Children can: <ul style="list-style-type: none"> Dodge a tagger successfully Dodge a defender when running towards a target area by recognising space on the field Run whilst holding a rugby ball securely and correctly 	
Adapted Learning (Differentiation) (Challenge)	Different size balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (Where rugby is played), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), Healthy Lifestyle.	
Warm Up	<p>Scarecrow Tag:</p> <p>Everyone has a ball. Everyone must hold the ball with two hands around the belly of the ball when running with the ball. There are 4/5 chasers wearing bibs. If they touch you with the ball, you have to stand still as though you are a scarecrow with legs open. To get back in the game, other players have to roll their ball slowly through your legs and pick the ball up on the other side. No guarding is allowed. Rotate chasers. Try to emphasise running and being agile with the ball.</p> <p>Adapted Learning = smaller ball for easier carry/ 2 games (2 grids) higher/lower ability.</p>	
Main Activity	<p>Sliding Defence:</p> <p>Groups of 8 (4 attackers, 4 taggers) 3 or 4 pitches. Attackers have to get across the pitch without being tagged. Defenders can only move along the lines to try and tag the attackers. Emphasis on using the left foot to push off and change direction to the right/right foot to push off and change direction to the left. If both tags are lost they become a defender until the last attacker is left. Start the exercise again with different defenders. Adapted Learning = Larger group, 2 defenders on the line (More able groups), Less defenders (Less able).</p> <p>Try Line To Try Line:</p> <p>Set up a 40m x 20m area (2 pitches). Children to partner up. One person with a ball, the other without. The person with the ball stands on one side of the pitch whilst their partner starts on the opposite side. All pairs are given a number. When their number is shouted out, they have to try and get past their partner (defender) by running and dodging their partner. If they get past them, they must score a try. 5 attempts each then change over (Attackers become defenders, defenders become attackers). The person that scores the most tries is the winner. Adapted Learning = Have 2 defenders that chase the person with the ball (2 defenders that are number 1 etc.)</p> 	
Cooldown	Collect in equipment. Discuss key learning points and objectives.	

Key Technical Points Encourage dodging, pushing off right foot/left foot, fakes and quick feet, on toes. Attack spaces and be aware what's around you. Look for spaces not faces.

Year 5 - Tag Rugby

Lesson Plan

Lesson Objective

To defend and 'tag' an opponent

Lesson 2/6

Equipment Needed

Rugby balls, tag belts, cones.

Success Criteria

Children can:

- Know how to tag other players
- Understand the role of the defending team is to try and stop the opposition moving forward
- Understand that the dangerous attacking player is the one who is carrying the ball

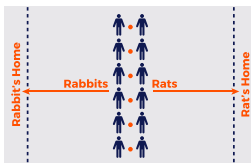
Adapted Learning (Differentiation) (Challenge)

Different size balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.

Cross Curricular Links

Geography (Where rugby is played), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), Healthy Lifestyle.

Warm Up



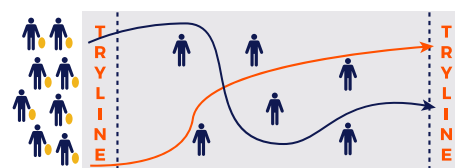
Rats & Rabbits:

Pupils are in pairs and each holding a ball correctly. One is a Rabbit, one is a Rat. If the teacher shouts 'Rats', the rats have to get home before the rabbits tag them (Running fast with the ball). If the teacher shouts 'Rabbits', the rabbits have to get home before the rats tag them. If the runner gets home without getting tagged, they win a point. If the tagger tags their partner they win the point. Reset and play again. Rotate partners that are winning. **Adapted Learning = Pupils partner up with similar ability.**

Main Activity

Get To The Try Line:

A bulldog style game where pupils have to get to the end zone without being tagged. On a 40m x 10m area, 4 taggers without a ball, 10 people with a ball (2 separate games). Get to the other side with the ball without being tagged. If a player gets tagged, they give their ball to the person that has tagged them. Reinforce key points about getting close to the tags first. Remember to also emphasise how to hold the ball when running. **Adapted Learning = 2 separate games (In the first grid more able and second grid mixed ability).**



3v3 Mini Running Game (6 per group):



One attacker at a time, runs forward to try and get past the 3 defenders. If they get tagged, they stop and take the ball back to their team mates who are waiting to go. They then attempt to run past the defenders. Each time they get tagged they keep returning to their base. If they get passed the defenders, they have to score a try across the try line. They win 4 points for their team. After 9 attempts (3 goes each), players swap roles (Defenders become the attackers and attackers become defenders). The emphasis here is on the tagging. Encourage good defence and team work.

Cooldown

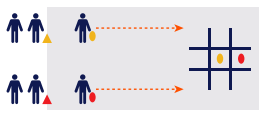
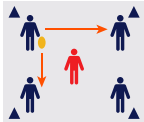
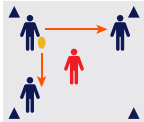
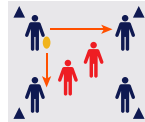
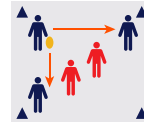
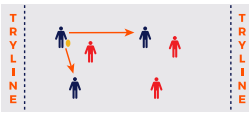
Collect in equipment. Discuss key learning points and objectives.

Key Technical Points

Get close to the attacker, use two hands to grab the tag, aim for the hip and slide down the leg, don't over stretch.

Year 5 - Tag Rugby

Lesson Plan

Lesson Objective	To reinforce the passing technique with speed in both directions	Lesson 3/6
Equipment Needed	Rugby balls, tag belts, cones.	
Success Criteria	Children can: <ul style="list-style-type: none"> • Pass the ball correctly • Pass the ball in both directions depending on where they are on the field • Consistently receive and control a ball in a game situation 	
Adapted Learning (Differentiation) (Challenge)	Different size balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (Where rugby is played), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), Healthy Lifestyle.	
Warm Up	 <p>Tic Tac Toe (Noughts & Crosses):</p> <p>Groups of 6 (3v3 everyone has a ball each). Set up each group with 9 squares/hoops like a noughts and crosses board. It's a team race to put the ball in correct area of their choice on the Tic Tac Toe board. One person takes a rugby ball and runs to the board (20m away). Emphasise on holding the ball correctly when running. Children continue to play Tic Tac Toe (Noughts and Crosses). Reset when we have a winner.</p>	
Main Activity	<p>Piggy In The Middle:</p> <p>Groups of 5 (4 Passing and 1 defender in the middle), set up a square grid 10m x 10m. The aim of the exercise is to keep the ball away from the defender in the middle by only using the correct rugby pass technique. Any mistakes made (dropping the ball, bad pass or passing to no one) will result in becoming the defender in the middle. Only move on to the different phases if children start to progress the correct rugby passing skills.</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>Phase A Static</p> </div> <div style="text-align: center;">  <p>Phase B Players without the ball need to move</p> </div> <div style="text-align: center;">  <p>Phase C Decision making</p> </div> <div style="text-align: center;">  <p>Phase D Moving and Decision making</p> </div> </div> <p>3v3 Passing Game:</p> <p>Groups of 6, 2 teams of 3. They attempt to use the skills above (Rugby passing in any direction) to try and score a try. If they drop the ball, they lose possession. 4 points for a try. Players without the ball can move into space. Adapted Learning = Low ability children don't lose the ball if they drop it. 4v2 for lower ability children. Higher ability are only allowed to pass backwards but can run with the ball.</p> 	
Cooldown	Collect in equipment. Discuss key learning points and objectives.	
Key Technical Points	Use the correct rugby pass, move into space when you don't have the ball, shout for the ball when in space, don't keep hold of the ball for too long, get rid of it quickly, keep the pass below head height.	

Year 5 - Tag Rugby

Lesson Plan

Lesson Objective To pass the ball accurately and with speed in both directions whilst on the move **Lesson 4/6**

Equipment Needed Rugby balls, tag belts, cones.

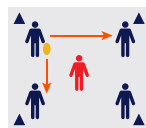
Success Criteria Children can:

- Pass the ball correctly on the run
- Catch the ball whilst running forwards
- Pass the ball in both directions depending on where they are on the field
- Consistently receive and control a ball in a game situation

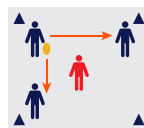
Adapted Learning (Differentiation) (Challenge) Different size balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.

Cross Curricular Links Geography (Where rugby is played), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), Healthy Lifestyle.

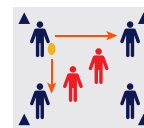
Warm Up **Piggy In The Middle:**
Recap from last week: Groups of 5 (4 Passing and 1 defender in the middle), set up a square grid 10m x 10m. The aim of the exercise is to keep the ball away from the defender in the middle by only using the correct rugby pass technique. Only move on to the different phases if children start to progress the correct rugby passing skills.



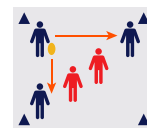
Phase A
Static



Phase B
Players without the ball need to move

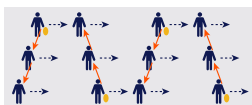


Phase C
Decision making



Phase D
Moving and Decision making

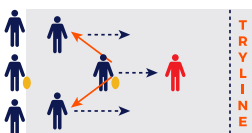
Main Activity



Passing In Three's:

Children are put in groups of 3. They pass down the rugby line, ensuring they are passing backwards. Once they have passed down the line, they have to adjust their position and then pass back down the line (Continuous). The Emphasis here is on speed and accuracy at the same time.

3v1:



Set up a 20m x 20m Grid. Groups of 7. 3 Attackers have to get past 1 defender by only passing backwards. They run forwards and decide to pass either left or right depending on which is the best option. The defender attempts to stop them scoring. Ensure everyone has a go at the passing (being the middle man) and being the defender. **Adapted Learning = Walk first, slow jog, fast pace. Defender can only move lateral.**

Cooldown Collect in equipment. Discuss key learning points and objectives.

Key Technical Points Step into the pass, no spin, follow through with the fingers, fingers point, keep pass below head height, aim in front.

Year 5 - Tag Rugby

Lesson Plan

Lesson Objective

To attack in teams of 3's and 4's

Lesson 5/6

Equipment Needed

Rugby balls, tag belts, cones.

Success Criteria

Children can:

- Use the spaces on the field to attack and score
- Look to see gaps between defenders and run into them to advance forward
- Know if there are no gaps to run into, they could pass to a team-mate
- Perform a range of passes in a game situation (Small sided games, for example 3v3)

Adapted Learning (Differentiation) (Challenge)

Different size balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.

Cross Curricular Links

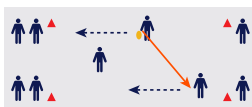
Geography (Where rugby is played), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), Healthy Lifestyle.

Warm Up

Passing In Three's:

Children are put in groups of 3. They pass down the rugby line, ensuring they are passing backwards. Once they have passed down the line, they have to adjust their position and then pass back down the line (Continuous). The Emphasis here is to progress to performing it fast with accuracy.

Main Activity

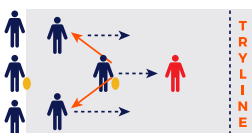
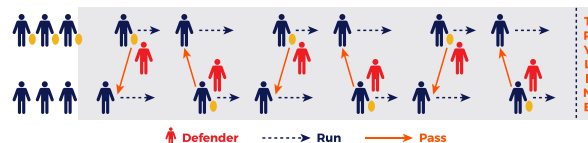


2v1:

Set up a 10m x 5m square grid, children in groups of 10. Try to get past the defender in the middle by drawing the defender in and passing to the person without the ball. It must be a backwards pass. Ensure players don't spin pass at such a short distance. Keep changing the defender in the middle. Make sure attackers can pass left to right and also right to left (Develop both sides). **Adapted Learning = Shorter area (higher ability), wider area (lower ability), Defender can only move lateral (Lower Ability), Defender can move towards the person with the ball (Higher ability).**

Make It To The Try Line:

Set up a 10m x 50m. Using the 2v1 (in pairs), get past the defenders to score across the try line. If they manage to perform this without dropping the ball they get 4 points. If they drop the ball once they will get 3 points. Twice, 2 points and more than 4 times 0 points. **Adapted Learning = Shorter area (higher ability), wider area (lower ability), Defender can only move lateral (Lower Ability), Defender can move towards the person with the ball (Higher ability).**



3v1:

Set up a 20m x 20m Grid. Groups of 7. 3 Attackers have to get past 1 defender by only passing backwards. They run forwards and decide to pass either left or right depending on which is the best option. The defender attempts to stop them scoring. Ensure everyone has a go at the passing (being the middle man) and being the defender. **Adapted Learning = Walk first, slow jog, fast pace. Defender can only move lateral.**

4v4 Passing Game:

Groups of 6, 2 teams of 3. They attempt to use the skills above (Rugby passing backwards only) to try and score a try. If they drop the ball, they lose possession. 4 points for a try. Players without the ball can move into space. **Adapted Learning = Use a 4v2 or 4v1 for lower ability children.**

Cooldown


Collect in equipment. Discuss key learning points and objectives.

Key Technical Points

Draw the defender, turn hips to pass backwards, aim for the target in front of attacker, make the right decision early.

Year 5 - Tag Rugby

Lesson Plan

Lesson Objective	To play 7-a-side tag rugby games using the techniques of the game	Lesson 6/6
Equipment Needed	Rugby balls, tag belts, cones.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">Follow the rules of the gameIdentify and use tactics to help the team keep the ball and advance it forwardIdentify and use tactics to help the team defend and win the ball backStart to analyse skills and techniques to improve performance	
Adapted Learning (Differentiation) (Challenge)	Different size balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (Where rugby is played), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), Healthy Lifestyle.	
Warm Up	<p>Scarecrow Tag:</p> <p>Everyone has a ball. Everyone must hold the ball with two hands around the belly of the ball when running with the ball. There are 4/5 chasers wearing bibs. If they touch you with the ball, you have to stand still as though you are a scarecrow with legs open. To get back in the game, other players have to roll their ball slowly through your legs and pick the ball up on the other side. No guarding is allowed. Rotate chasers. Try to emphasise running and being agile with the ball.</p> <p>Adapted Learning = smaller ball for easier carry/ 2 games (2 grids) higher/lower ability.</p>	
Main Activity	<p>7v7 Game:</p> <p>Set up a mini pitch 60m x 30m. Recap on the rules. Run forwards and pass backwards to try and score a try (4 points). If you are tagged, stop where you were tagged, tap restart the ball and pass to a team mate. 6 attempts to try and score. After 6 attempts, hand over the ball to the opposition. After each TAG, the defenders have to retreat 5m.</p> 	
Cooldown	<p>Collect in equipment. Discuss key learning points and objectives.</p> <p>6 tackles, Pass Backwards Only, TAG, 5 metre retreat, run forwards, draw the man, 4 points for a TRY,</p>	