

Lesson Objective	To dodge a defender when running toward a target area	Lesson 1/6
Equipment Needed	Rugby balls, tag belts, cones.	
Success Criteria	<p>Children can:</p> <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 • Know how to avoid being tagged • Score a try successfully 	
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>Ball Tag Count Your Points:</p> <p>Set up a 30m x 30m area. Everyone has a ball each. It must be held like they are running with the ball. Hands around the belly of the ball. Run around and try to tag as many people as you can (use the point of the ball to tag them with) ensuring pupils hold the ball correctly. The aim is to get as many points as you can... A) If you tag someone you win a point. B) If you knock the ball out of opponents hand you win 5 points and opponent loses all their points.</p> <p>Adapted Learning = smaller or bigger area, 2 areas for higher/lower ability, smaller size ball.</p>	
Main Activity	<p>Steal The Tags:</p> <p>Set up a 40m x 40m area (2 pitches). Children to partner up. Both have tag belts on. One person with a ball, the other without. The person with the ball. Person A chases person B and attempts to steal the tags. On the Whistle, roles reverse and person B has the ball and chases person A.</p> <p>A) Do not recap for them how to dodge.</p> <p>B) Deliver key points for dodging.</p> <p>Capture The Rugby Ball:</p> <p>Split class into groups of 7/8. 2 teams. Have 2 pitches set up with a half way line marked out. Each team has 1 square of cones at the back left of their half of the pitch (Prison) and 1 treasure chest at the opposite corner of their half with 5 balls in. Players can only be tagged if they enter the opposition half. If tagged they go to prison in the other teams half and can only be released if a team mate high 5's them. If they steal a ball they take it to their treasure chest and cannot be tackled if they have a ball. After 5 minutes the teams with the most treasure wins. Players then discuss tactics in order to win e.g. Defenders, attackers, positions, when to attack, which players would be effective in each position.</p> 	
Cooldown	Collect in equipment. Discuss key learning points and objectives.	
Key Technical Points	Move feet, get close to the attacker and use both hands to grab the tag, grab from the hip and slide down the leg.	

Lesson Objective To defend and 'tag' an opponent **Lesson 2/6**

Equipment Needed Rugby balls, tag belts, cones.

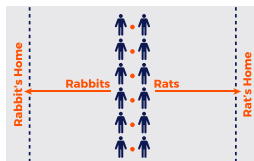
Success Criteria Children can:

- 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



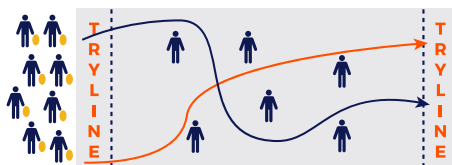
Rats & Rabbits:

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 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 6 - Tag Rugby

Lesson Plan

COMPLETE
EDSTART

Lesson Objective To pass the ball accurately and with speed in both directions whilst on the move **Lesson 3/6**

Equipment Needed Rugby balls, tag belts, cones.

Success Criteria Children can:

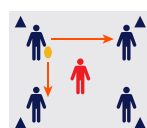
- Pass the ball correctly on the run
- Catch the ball whilst running forwards
- Pass the ball in both directions depending on where they are on the field
- Consistently receive and control a ball in a game situation

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.

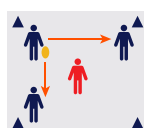
Cross Curricular Links Geography (Where rugby is played), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), Healthy Lifestyle.

Warm Up Scarecrow Tag:
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.

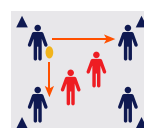
Main Activity Piggy In The Middle:
Groups of 5 (4 Passing and 1 defender in the middle), set up a square grid 10m x 10m. The aim of the exercise is to keep the ball away from the defender in the middle by only using the correct rugby pass technique. Any mistakes made (dropping the ball, bad pass or passing 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.



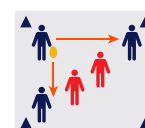
Phase A
Static



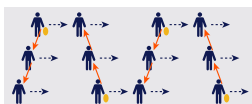
Phase B
Players without the
ball need to move



Phase C
Decision making



Phase D
Moving and
Decision making



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).



4v4 Passing Game:

Groups of 8, 2 teams of 4. They attempt to use the skills above (Rugby passing backwards only) to try and score a try. If they drop the ball, they can pick it up and carry on as long as it's not gone forward (Knock on). 4 points for a try. Players without the ball can move/run into space.

Adapted Learning = Low ability children don't lose the ball if they drop it. 5 v 3 for lower ability children. Lower ability are allowed to pass forwards if they want.

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.

Lesson Objective

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

Lesson 4/6

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.

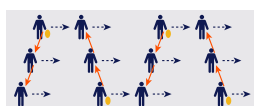
Warm Up



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.

Main Activity

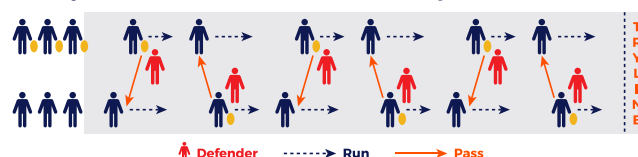


Passing In Three's:

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).

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.**

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 6 - Tag Rugby

Lesson Plan

COMPLETE
EDSTART

Lesson Objective

To attack as a team

Lesson 5/6

Equipment Needed

Rugby balls, tag belts, cones.

Success Criteria

Children can:

- Understand that they have six attempts to advance the ball forward
- Know how to restart the game after they have been tagged by 'playing the ball'
- Explain the basic rules of tag rugby and understand the difference between attack and defence

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

Rugby Netball:

Two teams, stuck in the mud throwing and catching. Run/throw/catch to try and get the ball in the end zone (No running with the ball). You can only run without the ball. Groups of 8 (4v4). Set up grids of 30m x 15m. Rugby Passes only.

Main Activity

4v1... 4v2... 4v3... 4v4:

Set up area of 20m x 10m. Groups of 8 (2 teams of 4). Each team has 4 attempts to score. You start off with 4 attackers v 1 defender. Both teams start at each end of the pitch. When the attacking team starts to run, the defender can run and try and stop them. Attackers are only allowed to pass backwards. After the first attack (4v1), you add an additional defender to make it 4 v 2. The third attack you add another defender to make it 4 v 3 and the final attack becomes a 4 v 4. The aim is to try and score 4 out of 4 attempts. The attackers now become the defenders and the defenders become the attackers.



4v4 Game:

Set up a mini pitch 50m x 20m. Introduce 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.

Cooldown

Collect in equipment. Discuss key learning points and objectives.

Key Technical Points

Use the full area, maintain space, attack the defender to you, make the pass to the person in the best position.

Year 6 - Tag Rugby

Lesson Plan

COMPLETE
EDSTART

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	Children can: <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 modify and 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	Add Up Your Points: <p>Pupils have a ball each and are located in a large area (20m x 20m). Everyone is a tagger and holding the ball correctly. Aim is to get as many points as possible. They must tag as many people as they can = 1 point or knock opponents ball out of their hand = 5 points. Emphasise ball security. If pupil drop the ball or it gets knocked out of their hand, they start again on 0 points.</p> Adapted Learning = 2 grids of 10m x 10m (In first grid more able and second grid mixed ability).	
Main Activity	<div></div> <p>2v1:</p> <p>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).</p> <p>7v7 Game:</p> <p>Set up a mini pitch 50m x 20m. Introduce 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> <div></div>	
Cooldown	Collect in equipment. Discuss key learning points and objectives.	
Key Technical Points	6 tackles, Pass Backwards Only, TAG, 5 metre retreat, run forwards, draw the man, 4 points for a TRY.	