

National Curriculum

Objectives of lesson:

- ✓ Demonstrate the principles of warm up and cool down
- ✓ Demonstrate the principles of attack and defence
- ✓ Developing agility, balance and co-ordination
- ✓ To improve the consistency, quality and choice of skills used
- ✓ Adapt and develop the basic skills

Tag Rugby

Objectives of lesson:

- ✓ Warm up for tag
- ✓ Assess ability of group
- ✓ Play the game of tag rugby

Laws/Referee:

End ball (see support page for this lesson)

- ✓ Non perfect pass
- ✓ Ball out of play
- ✓ Dropped pass
- ✓ Player running with ball
- ✓ Preventing a pass

All of the above offences result in turnover ball

Vocabulary:

End ball
Multi-directional
Warm up
Cool down
Turnover ball
Agility
Balance
Co-ordination
Tag Rugby
Tag belts
Invasion
Evasion
Attack
Defend
Principle of Play

Resources:

- ✓ 1 rugby ball per person (size 4) if possible or 1 ball between 2 pupils
- ✓ 50 cones
- ✓ 1 tag belt per player
- ✓ 7 bibs

See lesson support page.

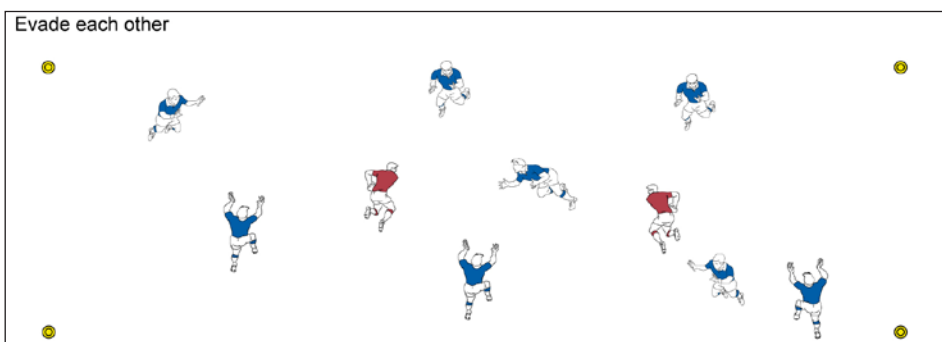
See lesson video link:

- ✓ Warm up game
- ✓ Chase ball
- ✓ Dynamic/static stretch

Activity	Description and set-up	Key factors	Technical / tactical	Physical / mental
Warm up / cool down	<ul style="list-style-type: none"> 1 player nominated each lesson to take a group warm up (5 mins) raising body temperature. 14 players, 2 with bibs. All players run around in a grid 10m by 10m and must not bump into each other. Two players to put on bibs and carry a ball (chasers) and see how many players they can touch in 60 seconds. 	<ul style="list-style-type: none"> ✓ Raise body temperature ✓ Increase blood flow to muscles ✓ Raise mental arousal ✓ Dynamic stretch ✓ Fun game 	<ul style="list-style-type: none"> ✓ Run away from chasers ✓ Evade ✓ Look for space ✓ Keep moving 	<ul style="list-style-type: none"> ✓ Warm up ✓ Cool down ✓ Modified rules ✓ Scoring system
Game	<ul style="list-style-type: none"> Play the full game of Tag Rugby using the widest side of the game area as the try lines. Remind players about the 1st two 'principles of play'. Go forward and support. Watch the game and complete a visual assessment of whether the players are capable of moving to the contact group before asking if anyone would like to move to the contact group (awareness of physical/ mental changes from last year). 	<ul style="list-style-type: none"> ✓ Look for a space ✓ Run into the space ✓ Pass and look for another space ✓ Call for the ball, catch the ball and then listen for a call from another teammate, then pass or dummy 	<ul style="list-style-type: none"> ✓ Catch and pass ✓ Evade ✓ Look for space ✓ Attack space ✓ Keep the ball moving ✓ Go forward ✓ Support ✓ Tag attackers 	<ul style="list-style-type: none"> ✓ Endurance ✓ Speed ✓ Hand and eye co-ordination ✓ Rules of the game ✓ Decision-making ✓ Competence ✓ Confidence
IDEAS for Development Area	<ul style="list-style-type: none"> No need to use the Development Area on the 1st lesson. Just let the players play a game. 	<ul style="list-style-type: none"> ✓ Receiver to find space where passer has a clear pass, ball carrier can dummy pass 	<ul style="list-style-type: none"> ✓ Accurate pass ✓ Defender to shut down ball carriers options 	<ul style="list-style-type: none"> ✓ Endurance ✓ Speed ✓ Hand and eye co-ordination ✓ Rules of the game
Evaluation	<ul style="list-style-type: none"> Observe warm up and games to assess strengths and weaknesses of players. Question players to check on understanding of the aim, skills needed and the tactics associated with the game. Demonstrate a cool down on the way back to the changing rooms. Jogging interspersed with gentle static stretching. 			

Warm up

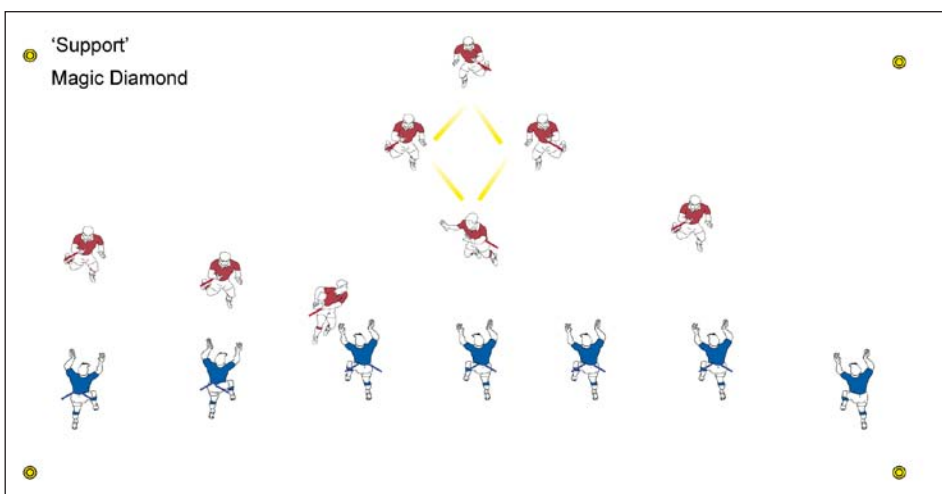
Two players to put on bibs and carry a ball (chasers) and see how many players they can touch in 60 seconds.



Game

Play the full game of Tag Rugby using the widest side of the game area as the try lines.

Remind players about the 1st two 'Principles of Play' GO FORWARD and SUPPORT.



Development area

No activities for the development area during this 1st lesson. Just let the pupils play.

Use this time to assess what has been remembered from year 7.

Learning from year 7:

- Apply the principles warm up and cool down
- Apply the 'Principles of Play': Go forward, Support, Continuity and Pressure
- Apply attacking principles, outflank or penetrate
- Apply defensive principles, deny space, apply pressure, cover, and regain possession
- Improve the consistency, quality and use of skills
- Understanding of basic tactics
- Recognise own and team mates strengths together with areas for development
- Able to referee basic laws

National Curriculum

Objectives of lesson:

- ✓ Demonstrate the principles of warm up and cool down
- ✓ Developing agility, balance and co-ordination
- ✓ To improve the consistency, quality and choice of skills used
- ✓ Adapt and develop the basic skills
- ✓ Demonstrate the principles of attack and defence

Rugby Union

Objectives of lesson:

- ✓ Warm up
- ✓ Assess ability of group
- ✓ Play the game of 2 Handed Touch (5 touches then turnover ball)

Laws/Referee:

2 Handed Touch

- ✓ Offside
- ✓ Forward pass
- ✓ Ball out of play
- ✓ Knock on
- ✓ Preventing a pass

All of the above offences result in turnover ball

Vocabulary:

Multi-directional
Warm up
Cool down
Turnover ball
Agility
Balance
Co-ordination
Tag belts
Invasion
Evasion
Attack
Defend
Principle of Play
Go forward
Support

Resources:

- ✓ 1 rugby ball per person (size 4) if possible or 1 ball between 2 pupils
- ✓ 50 cones
- ✓ 1 tag belt per player
- ✓ 7 bibs

See lesson support page:

- ✓ Warm up game
- ✓ Chase ball

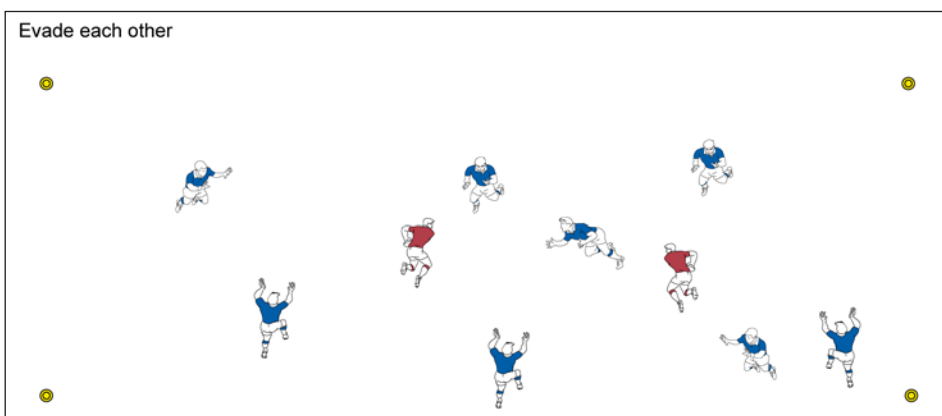
See lesson video link:

- ✓ 2 handed touch rugby
- ✓ Dynamic/static stretch

Activity	Description and set-up	Key factors	Technical / tactical	Physical / mental
Warm up / cool down	<ul style="list-style-type: none"> 1 player nominated each lesson to take a group warm up (5 mins) raising body temperature. 14 players, 2 with bibs. All players run around in a grid 10m by 10m and must not bump into each other. Two players to put on bibs (chasers) and see how many players they can touch in 60 seconds followed by some dynamic stretching. 	<ul style="list-style-type: none"> ✓ Raise body temperature ✓ Increase blood flow to muscles ✓ Raise mental arousal ✓ Dynamic stretch 	<ul style="list-style-type: none"> ✓ Catch and pass ✓ Evade ✓ Look for space ✓ Attack space 	<ul style="list-style-type: none"> ✓ Warm up ✓ Cool down ✓ Modified rules ✓ Scoring system
Game:	<ul style="list-style-type: none"> 2 Handed Touch (5 touches then turnover ball) using the widest side of the game area as the try lines. Remind players about the 1st two 'principles of play'. Go forward and support. Watch the game and complete a visual assessment of whether the players are in the correct group as far as their physical and mental skills are concerned. (Awareness of physical/ mental changes from last year). 	<ul style="list-style-type: none"> ✓ Look for a space ✓ Run into the space ✓ Pass and look for another space ✓ Call for the ball, catch the ball and then listen for a call from another teammate, then pass or dummy 	<ul style="list-style-type: none"> ✓ Penetrate ✓ Outflank ✓ Evade ✓ Look for space ✓ Attack space ✓ Keep the ball moving ✓ Go forward ✓ Support 	<ul style="list-style-type: none"> ✓ Endurance ✓ Speed ✓ Hand and eye co-ordination ✓ Rules of the game ✓ Decision-making ✓ Competence ✓ Confidence
IDEAS for Development Area	<ul style="list-style-type: none"> 'Keep ball.' No need to use the Development Area on the 1st lesson just let the players play a game. 	<ul style="list-style-type: none"> ✓ Receiver to find space where passer has a clear pass, ball carrier can dummy pass 	<ul style="list-style-type: none"> ✓ Accurate pass ✓ Defender to shut down ball carriers options 	<ul style="list-style-type: none"> ✓ Endurance ✓ Speed ✓ Hand and eye co-ordination ✓ Rules of the game
Evaluation	<ul style="list-style-type: none"> Observe warm up and games to assess strengths and weaknesses of players. Question players to check on understanding of the aim, skills needed and the tactics associated with the game. Demonstrate a cool down on the way back to the changing rooms. Jogging interspersed with gentle static stretching. 			

Warm up

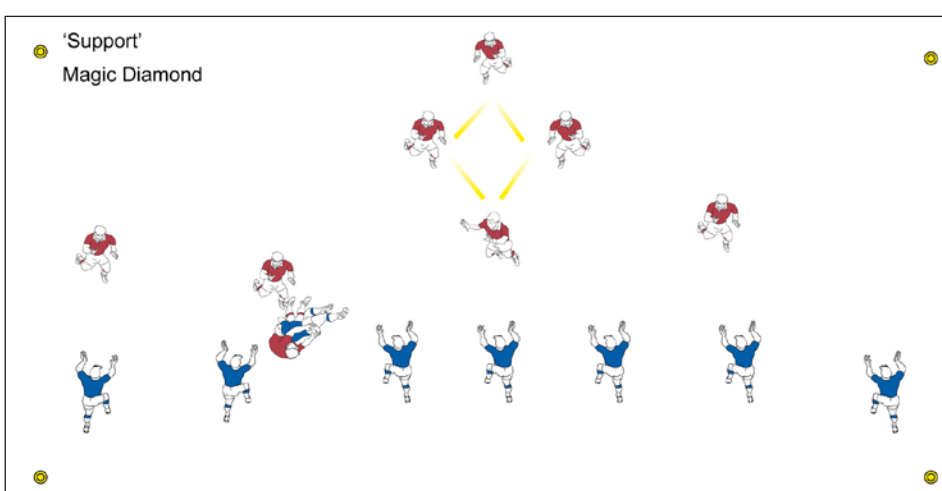
Two players to put on bibs and carry a ball (chasers) and see how many players they can touch in 60 seconds.



Game

2 Handed Touch (5 touches then turnover ball).

Remind players about the first 3 'Principles of Play' GO FORWARD, SUPPORT and CONTINUITY.



Development area

No activities for the development area during this 1st lesson. Just let the pupils play.

Use this time to assess what has been remembered from year 7.

Learning from year 7:

- Apply the principles warm up and cool down
- Apply the 'Principles of Play': Go forward, Support, Continuity and Pressure
- Apply attacking principles, outflank or penetrate
- Apply defensive principles, deny space, apply pressure, cover, and regain possession
- Improve the consistency, quality and use of skills
- Understanding of basic tactics
- Recognise own and team mates strengths together with areas for development
- Able to referee basic laws