



TAG-RUGBY



Years 3 & 4

Lesson Week:	Lesson Topic:
Week 1	Dodging and Tagging Skills
Week 2	Ball Manipulation
Week 3	Passing and Receiving
Week 4	Running with the Ball
Week 5	Tag-Rugby Activities
Week 6	Tag-Rugby

Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Dodging and Tagging Skills. • Up to 30 Children. 	<ul style="list-style-type: none"> • Tag Belts and Rugby Balls. • Cones – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To become familiar with evasion skills as an attacker. • To perform the role of defending through marking. • To learn the process of tagging and giving back. • To learn how to wear tag belts and where the tags should be placed. 	<ul style="list-style-type: none"> • Run, Tag, Vision, Control, Speed, Hands, Position, Run, Balance, Attack, Defend, Invasion, Evasion, 7v7.
Warm Up:	Differentiation:
<p>“Dodge-Ems”</p> <ol style="list-style-type: none"> 1) Children work in pairs. One child moves wherever they want looking for space. Partners try to stay as close as possible. Take it in turns to work on both skills. 2) Same exercise as 1, but this time, the child looking for space tries to get away from their partner. 3) Same exercise as 2, but this time, the children play tag rules. When you are tagged you are ‘it’. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Introduce races, competitions, time limits, etc.
Main Content:	Differentiation:
<p>“Tag and Give Back”</p> <ol style="list-style-type: none"> 1) Children work individually trying to tag as many children as they can, giving the tag straight back after each tag before trying to tag someone else. <p>“Tag and Keep”</p> <ol style="list-style-type: none"> 1) Same exercise as 1, but this time, the children keep every tag they steal and stick them onto their belts to see how many they can collect. <p>“Team Tag and Give Back”</p> <ol style="list-style-type: none"> 1) Same exercise as 1, but this time the children work in teams to see how many times they can tag and give back. <p>“Team Tag and Keep”</p> <ol style="list-style-type: none"> 1) Same exercise as 2, but this time the children work in teams to see how many tags they can collect. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the playing area. 3) Increase amount of tags worn at start. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the playing area. 3) Decrease amount of tags worn at start.
Cool Down:	Assessment Opportunities:
<p>“Dodge-Ems”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge around the area. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Ball Manipulation. • Up to 30 Children. 	<ul style="list-style-type: none"> • Tag Belts and Rugby Balls. • Cones – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To become familiar with rugby balls. • To control and throw the ball in the air and catch it. • To learn to control and pass a ball from hand to hand. 	<ul style="list-style-type: none"> • Spread Fingers, Swinging, Backwards, Control, Hands, Position, Receive, Balance, Fingertip, Pat-a-Cake, Throw, Catch, Clap, Try, Hunt.
Warm Up:	Differentiation:
<p>“Dodge-Ems”</p> <ol style="list-style-type: none"> 1) Children work in pairs. One child moves wherever they want looking for space. Partners try to stay as close as possible. Take it in turns to work on both skills. 2) Same exercise as 1, but this time, the child looking for space tries to get away from their partner. 3) Same exercise as 2, but this time, the children play tag rules. When you are tagged you are ‘it’. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Introduce races, competitions, time limits, etc.
Main Content:	Differentiation:
<p>“Ball Manipulation”</p> <ol style="list-style-type: none"> 1) Fingertip Touch – Each child has a ball. Practice tapping the ball with their fingertips from side to side. In front of body, above head, near feet, etc. 2) Pat-a-Cake – Each child has a ball. Practice passing the ball with their hands from side to side. In front of body, above head, near feet, etc. 3) Throw and Catch – Each child has a ball. Practice throwing the ball in the air and catching it. 4) Clap Catch – Each child has a ball. Practice throwing the ball up in the air and clap as many times as they can before catching it. 5) Over and Under – Each child has a ball. Practice moving around the area looking for space, constantly exchanging balls with as many other children as they can, passing over and under. 6) Try and Hunt – Each child has a ball. Practice placing the ball on the ground to score a try and then hunting to find another ball to pick up. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Allow the ball to touch floor. 2) Use smaller balls. 3) Decrease the speed of movement. 4) Work in pairs to assist with difficult moves. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase speed. 2) Introduce target scores. 3) Introduce time limits. 4) Introduce competitions.
Cool Down:	Assessment Opportunities:
<p>“Dodge-Ems”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge around the area. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Passing and Receiving. • Up to 30 Children. 	<ul style="list-style-type: none"> • Tag Belts and Rugby Balls. • Cones – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To become familiar with evasion skills as an attacker. • To perform the role of defending through marking. • To learn to control and pass a ball from hand to hand. 	<ul style="list-style-type: none"> • Run, Tag, Spread Fingers, Swinging, Backwards, Vision, Control, Speed, Hands, Position, Run, Receive, End Ball, Balance, Attack, Defend, Invasion, Evasion, 7v7.
Warm Up:	Differentiation:
<p>“Through the Gates”</p> <ol style="list-style-type: none"> 1) Set up small gates, with the cones, all around the working area. Children work in pairs to try and pass through as many gates as they can in a specified time. 2) Same exercise as 1, but this time, the children have to concentrate on passing the ball in a backwards direction using a swinging action to pass the ball. 3) Same exercise as 1, but this time, the children score different amounts of points depending on the different coloured gates. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Allow passes in any direction. 3) Decrease number of gates. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase speed. 2) Increase target score. 3) Decrease time limit. 4) Increase number of gates
Main Content:	Differentiation:
<p>“Time Bomb”</p> <ol style="list-style-type: none"> 1) Children work in groups, one ball per group, working in a specified area. Children continuously move around the area passing to each other for a specified time, making sure they always pass backwards. Whomever has the ball when the time runs out, is out. <p>“End Ball”</p> <ol style="list-style-type: none"> 1) Small 7 v 7 games. Set up small pitches with try zones at either end. The aim of the game is to pass and move and get the ball to a nominated player in the try zone who then puts the ball on the ground to score a try. The player in possession of the ball is not allowed to move but all the other players are allowed to move to get open to receive the ball. The nominated player can move anywhere on the pitch as well, but must be in the try zone to receive the ball and score a try. After every try, the team that did not score takes a free pass from its back line. If the ball goes out, the opposition throws in from where the ball went out. If a pass dropped or touched by a defender, the ball is given to the defending team. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the playing area. 3) Allow passes in any direction. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the playing area. 3) Children cannot pass to a player that has just passed to them.
Cool Down:	Assessment Opportunities:
<p>“Through the Gates”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths before they pass. 2) Same exercise as in 1, but this time the children have to slowly lunge around the area. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Running with the Ball. • Up to 30 Children. 	<ul style="list-style-type: none"> • Tag Belts and Rugby Balls. • Cones – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To perform picking up and placing a ball on ground. • To be able to throw the ball to someone else accurately while moving. • To be able to carry the ball in both one hand and two hands. 	<ul style="list-style-type: none"> • Run, Tag, Spread Fingers, Swinging, Backwards, Vision, Control, Speed, Hands, Position, Run, Balance, Attack, Defend, Invasion, Evasion, 7v7.
Warm Up:	Differentiation:
<p>“Through the Gates”</p> <ol style="list-style-type: none"> 1) Set up small gates/goals, with the cones, all around the working area. Children work individually with a ball each, trying to run through as many gates as they can in a specified time. 2) Same exercise as 1, but this time, give the children a target score to get to in the specified time. 3) Same exercise as 1, but this time, the children score different amounts of points depending on the different coloured gates. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Increase the number of gates. 3) Increase the size of the gates <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Decrease the number of gates. 3) Decrease time limit.
Main Content:	Differentiation:
<p>“Scarecrow Tag (With a Ball)”</p> <ol style="list-style-type: none"> 1) Children take it turns to be taggers. The taggers have a ball each and have to try and touch as many of the children as they can with the ball. If the children are tagged they have to stand still with their arms stretched out to the side. If anybody runs underneath their arms, they are saved and join back in the game. <p>“Eggs in the Nest”</p> <ol style="list-style-type: none"> 1) Children work in four equal teams. Each team starts in one of the four corners of the working area with one hoop per team that acts as their ‘nest’. Place all the rugby balls in a ‘nest’ in the center of the working area. Teams race (one child at a time from each team) to teal as many rugby ball (eggs) from the nest in the center and place them into their teams nest. 2) Same exercise as 1, but this time, allow the children to decide whether they steal a ball (egg) from the nest in the center, or from another teams nest. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the playing area. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the playing area. 3) Introduce defenders / taggers.
Cool Down:	Assessment Opportunities:
<p>“Through the Gates”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths while carrying their ball. 2) Same exercise as in 1, but this time the children have to slowly lunge around the area. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Tag-Rugby Activities. • Up to 30 Children. 	<ul style="list-style-type: none"> • Tag Belts and Rugby Balls. • Cones – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To perform evasion skills as an attacker with the ball. • To perform the role of defending through marking. • To develop decision making and tactical awareness. • To pass accurately while under pressure. • To perform footwork and running skills to attack space. 	<ul style="list-style-type: none"> • Run, Tag, Spread Fingers, Swinging, Backwards, Vision, Control, Speed, Hands, Position, Run, Balance, Attack, Defend, Invasion, Evasion, 7v7, Space.
Warm Up:	Differentiation:
<p>“Follow the Leader”</p> <ol style="list-style-type: none"> 1) Choose a leader to go in the middle of the working area and perform an exercise. The other children have to copy the leader. Let the leader choose a new leader after a specified time. 2) Same exercise as 1, but this time the leader plays ‘Leader says’ rules (identical to ‘Simon says’). If the leader doesn’t say and the children do the action they have to do 5 star jumps then join back in. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Play on the spot instead of moving around. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area.
Main Content:	Differentiation:
<p>“Skills Recap”</p> <ol style="list-style-type: none"> 1) Children work in groups of 7 with one ball per group. Allow groups to practice the skills learned in previous lessons. Tagging, ball control, passing and receiving, running with the ball, etc. <p>“Bonus Tag”</p> <ol style="list-style-type: none"> 1) 7 v 7 Games – Children work in teams of 7 playing small games involving skills previously learned. Set up a playing area with try scoring areas at each end. When teams have the ball they have to pass and move to try and score a try in the try area by placing the ball on the ground. Teams without the ball have to try to stop them by tagging the person with the ball. If they get tagged with the ball in their hands, the ball is given to the defending team. Give points to teams who show good techniques in each of the skills previously learned:- <ol style="list-style-type: none"> a) Scoring a Try. b) Making Good Accurate Passes. c) Running Into a Space after Catching the Ball. d) Making a Certain Number of Passes. e) Stealing a Certain Number of Tags. f) Beating a Certain Number of Players. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the playing area. 3) Increase the size of the try areas. 4) Allow passes after players with the ball have been tagged. 5) Allow passes in any direction <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the playing area. 3) Decrease the size of the try areas. 4) Introduce time limits for holding the ball.
Cool Down:	Assessment Opportunities:
<p>“Follow the Leader”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the leader performs slower more controlled movements. 2) Same exercise as in 1, but this time the leader performs static stretches covering all the muscle groups used starting from their head down to their toes. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Tag Rugby. • Up to 30 Children. 	<ul style="list-style-type: none"> • Tag Belts and Rugby Balls. • Cones – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To reinforce ball manipulation, passing, tagging, attacking and defending skills. • To learn/reinforce the different rules of tag-rugby. • To participate in a game of tag-rugby. 	<ul style="list-style-type: none"> • Run, Tag, Spread Fingers, Swinging, Backwards, Vision, Control, Speed, Hands, Position, Run, Balance, Attack, Defend, Invasion, Evasion, 7v7.
Warm Up:	Differentiation:
<p>“Follow the Leader”</p> <ol style="list-style-type: none"> 1) Choose a leader to go in the middle of the working area and perform an exercise. The other children have to copy the leader. Let the leader choose a new leader after a specified time. 2) Same exercise as 1, but this time the leader plays ‘Leader says’ rules (identical to ‘Simon says’). If the leader doesn’t say and the children do the action they have to do 5 star jumps then join back in. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Play on the spot instead of moving around. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area.
Main Content:	Differentiation:
<p>“Playing the Game”</p> <ol style="list-style-type: none"> 1) Discuss the ‘Passing Backwards’ rule. Every pass must be in a sideward or backward direction, in relation to the direction a team is playing towards. 2) Discuss the ‘Tagging’ rule. Players are only allowed to tag the player with the ball. 3) Discuss the ‘Passing When Tagged’ rule. When a player with the ball is tagged, they have 3 seconds to make a pass to a team mate 4) Discuss the ‘Giving Back Tags’ rule. After a tag is taken, it must be returned before another tag can be taken. 5) Discuss the ‘No Contact’ rule. No touching others at all. 6) Discuss the ‘Off-Side’ rule. Defensive players are not allowed to intercept a pass after a tag has been taken. 7) Discuss the ‘No Hiding of Tags’ rule. Players are not allowed to hide or obstruct their tags at any time. 8) 7 v 7 Tournament – As close to full rules as possible. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the playing area. 3) Increase the size of the try areas. 4) Allow as many passes as needed after players with the ball have been tagged. 5) Allow passes in any direction <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the playing area. 3) Decrease the size of the try areas. 4) Only allow up to 5 passes after players with the ball have been tagged. 5) Introduce time limits for holding the ball.
Cool Down:	Assessment Opportunities:
<p>“Follow the Leader”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the leader performs slower more controlled movements. 2) Same exercise as in 1, but this time the leader performs static stretches covering all the muscle groups used starting from their head down to their toes. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.

