

# LESSON PLAN: GAMES-TAG RUGBY: YEAR 5 & 6: WEEK 1

**LESSON OBJECTIVES:** To learn how to pass an oval shaped ball effectively. To keep possession from defenders/opponents.

## WARM UP (10/15 MINS) Ball tag:

- Split the area in half, 15 players in each area, have 2 players in each area with bibs (taggers).
- All players run around in a grid 10m by 10m and must not bump into each other.
- The taggers each carry a ball and see how many players they can tag on the back with their ball in 60 secs.
- Repeat with three/four taggers.

## TASK ONE (15/20 MINS) Ten in a row:

- Working in group of 4 or 5, each group in a 10x10 grid with one player trying to get the ball from the others, who are trying to make 10 perfect passes (keep ball).
- No passes above head height to be allowed.
- Players to discover the best positioning, in order to call for a pass.
- Each player takes turns to be a defender.

**Develop:** Can you keep the ball away from two defenders (3v2)?

## TASK TWO (15/20 MINS) End Ball (rules) see lesson support page:

- Create three thirds using cones and split the class into six teams. Play 5v5 (three separate games).
- Aim – the team in possession try to get the ball to their target player (goalkeeper) who is behind the opposition's try line.
- Player in possession is not allowed to move but all other team members can run into a space and call for the ball.
- Pupils take turns to be the target player (goalkeeper).
- Rules-no contact, players must attempt to intercept and if the ball is dropped the other team gain possession.
- Get them to play against another team, discussing tactics beforehand.

## EVALUATION (5/10 MINS)

Explore and discuss ways that make it easier to keep possession away from the defender. For more lesson ideas click onto

[http://www.englishrugby.com/mm/Document/MyRugby/Education/01/30/50/65/KidsFirstRugbySchoolsCompetitionGuide\\_English.pdf](http://www.englishrugby.com/mm/Document/MyRugby/Education/01/30/50/65/KidsFirstRugbySchoolsCompetitionGuide_English.pdf)

## EQUIPMENT

- Rugby balls
- Softballs
- Bibs
- Cones

## KEYWORDS/PHRASES

- Head Up
- Hold around the 'belly' of the oval shaped ball
- Pass and move into space
- Eyes on ball
- Support player with ball
- Look for options
- Pass quickly

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

Use oval shaped ball for the game

Add more defenders

### LESS ABLE

Use round balls for longer

Play End Ball in larger area

**INCLUSION:** Use lighter balls or objects to carry.



# LESSON PLAN: GAMES-TAG RUGBY: YEAR 5 & 6: WEEK 2

**LESSON OBJECTIVES:** To learn how to run with the ball effectively. To keep possession & move forward to score over a line. To learn how to play mini tag rugby.

## WARM UP (10/15 MINS) Ball moves:

- Each pupil carries a ball, some carry rugby balls and others carry round balls.
- On the call of change swap your ball with someone that is has a different one.
- Repeat but place the ball on the floor and then pick up a different one.
- As above but throw your ball for someone else to catch before you catch their ball.
- Can you catch the ball with one hand?

## TASK ONE (15/20 MINS) 1V1 Chase:

- Working in groups of five, 1v1 problem solving with defender defending from different starting points (see lesson support page).
- Using: agility, twisting, sidestep, swerve and changing pace.
- Tagging practice 1v1 (defender tries to tag player by pulling tag or bib off before the defender crosses the line, attacker carries a rugby ball).
- Pupils take turns to be the defender.

**Develop:** Can the attacker run through a small gate before being tagged?

## TASK TWO (15/20 MINS) Mini tag:

- Playing 5v5 (three separate games). Split the area into three thirds.
- Show how to take a 'tag' (tagger must return tag to tagged player before either player may re-join the game).
- Demonstrate how to hold a rugby ball and make a lateral pass (sideways or backwards).
- Encourage evasion by awarding 1 point each time a player tries to evade and is not tagged until they are alongside or past a defender. 5 points for a try. A try is scored by placing the ball beyond your target line. Get them to play against another team, discussing tactics beforehand.

## EVALUATION (5/10 MINS)

Which rules did you find the most difficult to follow and why?

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## EQUIPMENT

- Footballs
- Rugby balls
- Softballs
- Cones
- Bibs (bibs can also be used as tags)

## KEYWORDS/PHRASES

- Head Up
- Hold around the 'belly' of the oval shaped ball
- Dodge
- Support player with ball
- Change direction
- Evade

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

Use oval shaped ball for the game

Run through smaller targets

### LESS ABLE

Use round balls for longer

Play game in larger grid

**INCLUSION:** Use light balls. Play 1v1 against TA or peer.



# LESSON PLAN: GAMES-TAG RUGBY: YEAR 5 & 6: WEEK 3

**LESSON OBJECTIVES:** To move quickly while changing direction. To learn how to move forwards and pass the ball backwards to a teammate. To learn how to play mini tag rugby.

## WARM UP (10/15 MINS) Ball chaser:

- Five chasers start with ball in both hands. The chasers have to tag the other players as many times as possible with the ball and keep count.
- Change tagger after every minute until everyone has had a turn.

## TASK ONE (15/20 MINS) Rugby rounders:

- Create six squares by placing cones across the middle of the area horizontally and then two separate lines vertically that run across the horizontal line. Get the pupils to place four cones that outline a diamond shape inside each square.
- Split the class into groups of five with each group working in their own square.
- Taking turn's one player/batter kicks or throws the ball into play inside the square. To get the batter out the four fielders must retrieve the ball quickly and pass it backwards or sideways at least 3 times before the batter runs around the diamond (four cones that are inside the square). The batter always bats/starts at the top of the diamond.
- The fielders focus on ball retrieving skill, communication, throwing and catching skills.
- The batter gets a rounder every time they make it back to the top of the diamond before three passes are made, each batter bats for three minutes.

**Develop:** Can the fielding team make five passes before the batter makes it back to the top of the diamond?

## TASK TWO (15/20 MINS) Mini tag:

- Create three thirds using cones and split the class into six teams. Play 5v5 (three separate games).
- Show how to take a 'tag' (tagger must return tag to tagged player before either player may re-join the game).
- Demonstrate how to hold a rugby ball and make a lateral pass (pass sideways or backwards).
- Encourage evasion by awarding 1 point each time a player tries to evade and is not tagged until they are alongside or past a defender. 5 points for a try. A try is scored by placing the ball beyond your target line.

## EVALUATION (5/10 MINS)

How did practicing your passing help you?

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## EQUIPMENT

- Rugby balls
- Softballs
- Bibs
- Cones
- Rugby tags (bibs can also be used as tags)

## KEYWORDS/PHRASES

- Head Up
- Hold around the 'belly' of the oval shaped ball
- Pass and move into space
- Support play
- Quick feet
- Dodge
- Slow then fast speeds
- Move in front of the player before you pass

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

Use oval shaped ball for the game

### LESS ABLE

Use round balls for longer  
Play game in larger grid

**INCLUSION:** Use light balls. Play 1v1 against TA or peer.



# LESSON PLAN: GAMES-TAG RUGBY: YEAR 5 & 6: WEEK 4

**LESSON OBJECTIVES:** To help each other pass the ball diagonally and re-align. To pass the ball backwards to a teammate quickly while under pressure.

## WARM UP (10/15 MINS) Hare and hounds:

- Working in pairs with the one pupil holding a ball with both hands.
- On 'GO' the player with the ball tries to lose their partner (hound). After a short while the teacher blows the whistle meaning that that everyone stops immediately (freeze).
- If the hound can tag the hare without moving the hound gets a point, if not the point goes to the hare. Swap roles.

## TASK ONE (15/20 MINS) Passing line:

- Passing along a diagonal line, each pupil 2m apart, when the ball gets to the end of the line STOP, put the ball on the floor & re-align to form a diagonal line. When the line is ready pass & move onto the ball.
- Repeat this drill there & back until pupils can demonstrate a full understanding of the principles of ball handling in rugby.

**Develop:** Can they become quicker at getting from one end of the grid to the next?

## TASK TWO (15/20 MINS) Mini tag:

- Create three thirds using cones and split the class into six teams. Play 5v5 (three separate games). Show how to take a 'tag' (tagger must return tag to tagged player before either player can re-join the game).
- Demonstrate how to hold a rugby ball and make a lateral pass (pass sideways or backwards).
- Encourage evasion by awarding 1 point each time a player tries to evade and is not tagged until they are alongside or past a defender. 5 points for a try. A try is scored by placing the ball beyond your target line. Get them to play against another team, discussing tactics beforehand.

## EVALUATION (5/10 MINS)

What aspects of the game were better than when you played it in the previous week?

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## EQUIPMENT

- Rugby balls
- Softballs
- Bibs
- Cones
- Rugby tags (bibs can also be used as tags)

## KEYWORDS/PHRASES

- Head Up
- Hold around the 'belly' of the oval shaped ball
- Pass and move into space
- Get behind the ball to receive a pass
- Move in front of the player before you pass
- Tactics & team strategies

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

Use oval shaped ball for the game

### LESS ABLE

Use round balls for longer

**INCLUSION:** Use light balls. Play 1v1 against TA or peer.



# LESSON PLAN: GAMES-TAG RUGBY: YEAR 5 & 6: WEEK 5

**LESSON OBJECTIVES:** To play a small sided game of tag rugby league. To have a basic understanding of the main rules.

## WARM UP (10/15 MINS) Statures:

- Each pupil has a ball, half the class wear bibs. On the call of 'GO' the pupils wearing bibs attempt to tag anyone without a bib by touching their ball on the back. Pupils who are tagged must stand still with their ball raised above their head until another non bib frees them by touching them with their ball.
- Pupils switch roles once everyone is tagged.
- Repeat the game with players only being freed if they swap balls with someone else.

## TASK ONE (15/20 MINS) Rob the nest:

- Working in pairs, each group has their own hoop placed around the outside of the area. Place at least 30 balls in the centre of the area.
- Players take turns to take one ball from the centre and place it in their hoop and tag their partner who repeats this.
- After all balls are gone from the nest players can 'rob' balls from other nests. The winner is the team that has the most balls in their nest after one minute.
- Use a countdown with ten seconds to go to ensure that every is back at their hoop.

**Develop:** Put tag belts on the players. If they are running back to their nest with a ball in their hand and are tagged by an opponent they have to hand the ball over to that player.

## TASK TWO (15/20 MINS) Six lives tag:

- Create three thirds using cones and split the class into six teams. Play 5v5 (three separate games).
- Initially, don't let them pass, so they have to run and dodge.
- If they are tagged, the tagger holds the tag in the air and the ref calls "Tackle 1" etc. The runner must come back to where they were tagged, take the tag back from the tagger and place it on their belt before they play the ball. Once the ball is played, they can run anywhere again.
- Once 6 tags have been made, if no try is scored, the ball is given to the other team.
- If a Tag falls off, it counts as a tackle.
- If a try is scored, let the defending team start from the middle again.
- To re start, the player with the ball touches/ taps the ball on their foot and runs. Get them to play against another team, discussing tactics beforehand.

**EVALUATION (5/10 MINS)** Were the rules too difficult? If yes, what rules could to change in your game?

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## EQUIPMENT

- Rugby balls
- Softballs
- Bibs
- Cones
- Rugby tags (bibs can also be used as tags)

## KEYWORDS/PHRASES

- Run with ball
- Hold around the 'belly' of the oval shaped ball
- Get behind the ball to receive a pass
- Move in front of the player before you pass
- Tactics & team strategies

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

Use oval shaped ball for the game

### LESS ABLE

Use round balls for longer

**INCLUSION:** Use light balls. Play 1v1 against TA or peer.



# LESSON PLAN: GAMES-TAG RUGBY: YEAR 5 & 6: WEEK 6

**LESSON OBJECTIVES:** To play a small sided game of tag rugby league. To pass and move correctly in the game consistently.

## WARM UP (10/15 MINS) in pairs in small grids, 1 ball per pair:

- One throws the ball backwards, the other catches it, then swap.
- One rolls the ball for the other to collect it, then swap.
- One kicks the ball for the other to catch/retrieve it, then swap.

## TASK ONE (15/20 MINS) Six lives tag:

- Create three thirds using cones and split the class into six teams. Play 5v5 (three separate games).
- Initially, don't let them pass, so they have to run and dodge.
- If they are tagged, the tagger holds the tag in the air and the ref calls "Tackle 1" etc. The runner must come back to where they were tagged, take the tag back from the tagger and place it on their belt before they play the ball. Once the ball is played, they can run anywhere again.
- Once 6 tags have been made, if no try is scored, the ball is given to the other team.
- If a Tag falls off, it counts as a tackle.
- If a try is scored, let the defending team start from the middle again.
- To re start, the player with the ball touches/ taps the ball on their foot and runs.
- Allow each team to play against another team for 8/10 minutes before playing against someone new (three games per team) allowing time between each game for teams to discuss tactics.

## EVALUATION (5/10 MINS)

Were the rules too difficult? If yes, what rules could to change in your game?

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## EQUIPMENT

- Rugby balls
- Softballs
- Bibs
- Cones
- Rugby tags (bibs can also be used as tags)

## KEYWORDS/PHRASES

- Head Up
- Hold around the 'belly' of the oval shaped ball
- Pass and move into space
- Get behind the ball to receive a pass
- Move in front of the player before you pass
- Tactics and team strategies

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

Use oval shaped ball for the game

Play touch or tag Rugby

### LESS ABLE

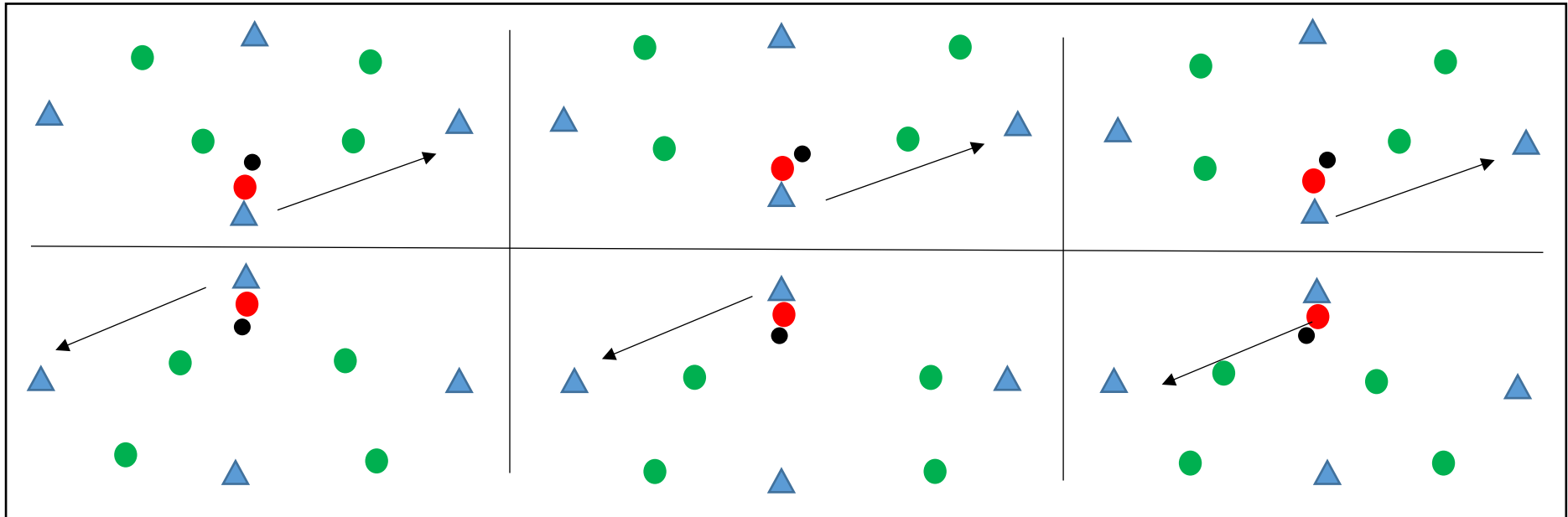
Use round balls for longer

Play in bigger area

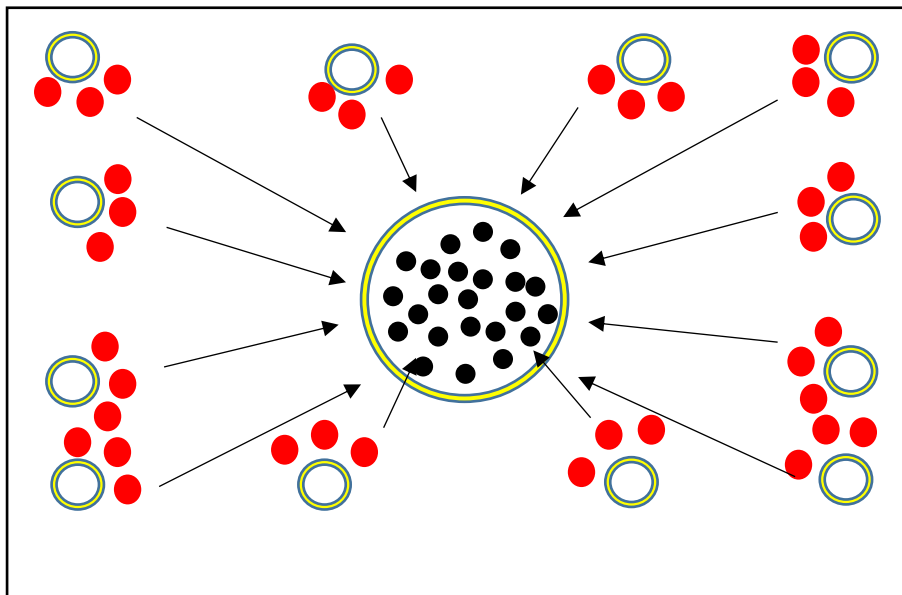
**INCLUSION:** Use light balls. Play 1v1 against TA or peer.



**RUGBY ROUNDERS – STUDENTS (BATTER, FIELDERS), CONES, BALL**



**ROB THE NEST – STUDENTS, BALL, HOOPS**



**END BALL – STUDENTS (TEAM 1, TEAM 2, TEAM 3, TEAM 4, TEAM 5, TEAM 6), BALL**

