



YEAR 3/4

## Tag Rugby

Lesson 1

### Learning Objective

To develop ball handling skills demonstrating increasing control and accuracy.

### Success Criteria

#### Year 3

- I can pass and receive the ball with some control.

#### Year 4

- I can pass and receive the ball with increasing control.

## Handy Hints

Hold the long sides of the ball.

Create a 'W' shape on the ball with your fingers.

## Equipment

- Cones x 30
- Rugby balls x 8

10 Mins

## Warm Up and Introduction

### Awareness of space:

Pupils begin by standing in their own space. They jog around the teaching area showing an awareness of space and other people.

Change the movement action e.g. side steps, skips, heel flicks etc.

If you come close to someone, use a sharp change of direction to avoid them.

### Shape of the ball:

Discuss the shape of a rugby ball in comparison to other balls. Question pupils about how they think this will affect throwing, catching and the bounce of the ball.

Teacher note: they will need to hold the ball on the side. It will bounce in different directions if it hits the floor.

45 Mins

## Skill Development

### Ball familiarisation relays:

In groups of four with one ball. Pupils stand one behind the other at the end of the teaching area.

Carry the ball in two hands, hold the long sides of the ball.

#### A Over / under relay:

The ball starts at the front of the group. The front pupil passes the ball over their head to the next pupil who passes it through their legs, to the next pupil who passes it over their head to the last pupil. The last pupil runs around a cone placed 10m in front of each group and back to the front of their queue. Repeat until all of their team has had a turn at running up and around the cone.

B Side to side relay: The front person starts with the ball and twists to their right to pass to the person behind them, who then twists to the left to the person behind them etc., until the last person receives the ball, runs up and around the cone and back to the front of their group. Repeat until all of their team has had a turn at running up and around the cone.

C In and out relay: The ball starts at the front of the group. The ball is passed to the back of the group, by pupils twisting sideways and passing it to the person behind them. When it gets to the last person, that pupil must weave in and out of their teammates and then sprint up to the cone and back to the front of their group. Repeat until all pupils have had a go at sprinting with the ball.

Keep alert, concentrate on your group. Hands out ready to receive the ball.

### Passing the ball:

Create a W shape with hands on the ball.

Stand sideways on.

Hands on the side of the ball, fingers spread out.

Swing arms back and forth like a pendulum.

Release the ball with your arms pointing towards the receiver.



- A In fours with one ball. Pupils stand 4m apart, two in one queue and two in the other and practise passing. Once they have thrown the ball, they go to the back of their queue.



- B Challenge the pupils to complete ten consecutive throws and catches. If they drop the ball they must start again from zero.

Catching: Hands out to meet the ball. Catch the ball on its sides (width), pull ball into body.

Make this harder by increasing the distance between the pupils or the number of consecutive passes they must do to complete the challenge.

- Ⓒ The pupil with the ball runs towards the two pupils standing opposite, they stop halfway and pass the ball, then join the back of the queue that they have just passed to.

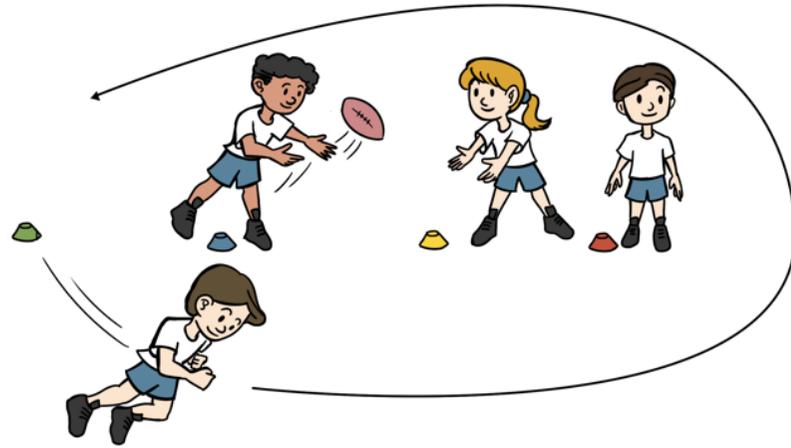
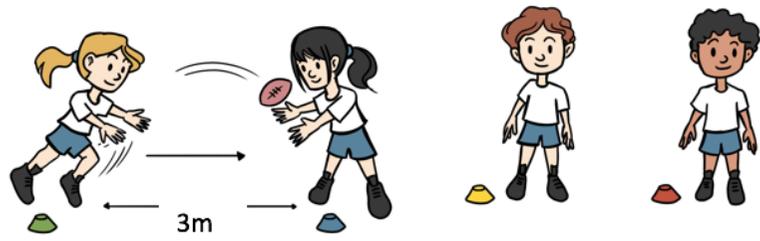
Make this harder by not stopping halfway between, but passing on the move.

**Beat the ball:**

In groups of four with one ball. All pupils stand in a line with approx. 3m between them. One pupil starts with the ball at a start cone. After they have thrown it to the next person, they must run up to the end of the line and back to their start place before the ball is passed up the line and back to the start. When the ball gets back to the second pupil, they must run and score a try by placing the ball on the first cone. Rotate so that all pupils have a turn at running.

Can the ball beat the runner?

Make this harder for the throwers by increasing the distance between them.



**Piggy in the middle:**

One pupil begins in the middle. The other three pupils form a triangle around them. The pupils in the triangle must pass the ball avoiding the pupil in the middle. Pupils with the ball are stationary. Rotate the defender if they are able to intercept the ball or every couple of minutes.

Encourage the pupils to watch the ball and have hands out ready to catch.

Make this harder by allowing pupils to move inside a box approx. 10m x 10m.

**5 Mins**

**Plenary**

Question the pupils on how they hold a rugby ball.

What shape do they make with their hands when holding the ball?

What was different about throwing and catching the rugby ball compared to a normal ball?

Was it easier or harder?