



YEAR 3/4

Tag Rugby

Lesson 5

Learning Objective

To be able to support a teammate when attacking.

Success Criteria

Year 3

- I can move into space to help my team.
- I understand my role as an attacker.

Year 4

- I can help my team keep possession by moving into space.
- I can use simple tactics to help my team score.

Handy Hints

To receive a pass from a teammate you must be behind or to the side of them.

Equipment

- Rugby balls x 8
- Tag rugby belts x 30
- Team bands x 16

Optional:

- Cones

10 Mins

Warm Up and Introduction

Tag belts on.

Tag boxing:

In pairs, pupils need to tag their partner by removing their tag, whilst trying not to let their partner take his/her own tag. Pupils stand face to face and cannot turn and run away from each other. If they tag their partner, they get one point and must hand back the tag before continuing.

Play for one minute and then change partners and repeat.

Encourage the pupils to bend their knees, keeping low and move their feet quickly forwards and backwards to avoid being tagged.

45 Mins

Skill Development

Moving the ball:

In groups of five with one ball.

A Allow pupils time to practise passing and moving with the ball, from one line to another over a distance of approx. 10m. When they reach the other side, the pupil in possession of the ball must score a try by placing the ball over the line with two hands. Remind the pupils of the 'forward pass' rule. All pupils in the group must touch the ball each time they cross the teaching area.

Question the pupils about where they should be in relation to the ball carrier in order to support them.

Move behind and to the side of the ball carrier so that they can see where to pass to easily.

B Time pupils in their teams for 2 minutes. How many tries can they score in that time? If they pass forwards, they are deducted a try. Repeat this challenging the pupils to beat their score.

Make this harder by asking the pupils to complete a certain number of passes before scoring.



4v1:

In groups of five with one ball. Pupils play across a 10m x 10m area. Four pupils are the attackers and begin on one side of the area. They must make three passes before scoring by placing the ball on a line on the opposite side of the playing area.

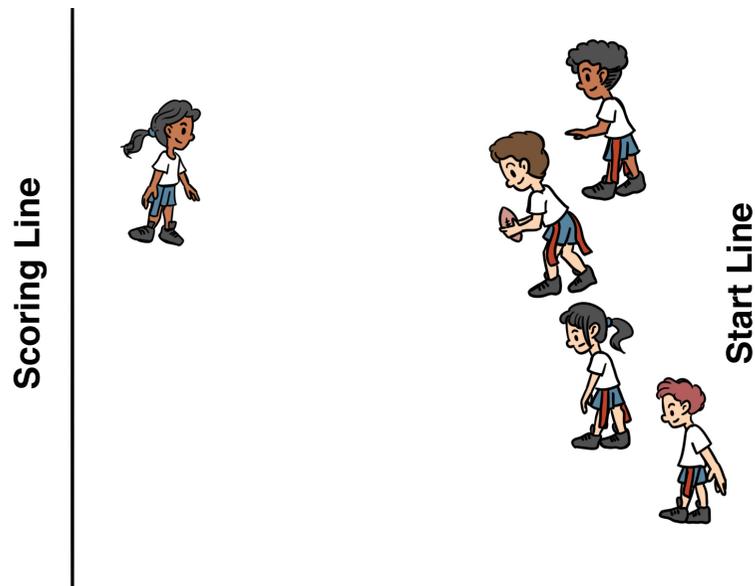
Rules:

- The ball must only be passed backwards or sideways.
- Attackers must be behind or to the side of the ball carrier.
- The defender can win a point if they make three tags before the attackers score. If they do, the attackers must start again at their start line. Rotate defender.

Encourage the attackers to spread across their area. Using the width of the area will make it more difficult for the defender.

Make this harder by playing three attack against two defence.

Teacher note: If you do not have access to lots of space, have groups of four lined up at one end of the teaching area and a group at a time attempt to get across the area against one defender.

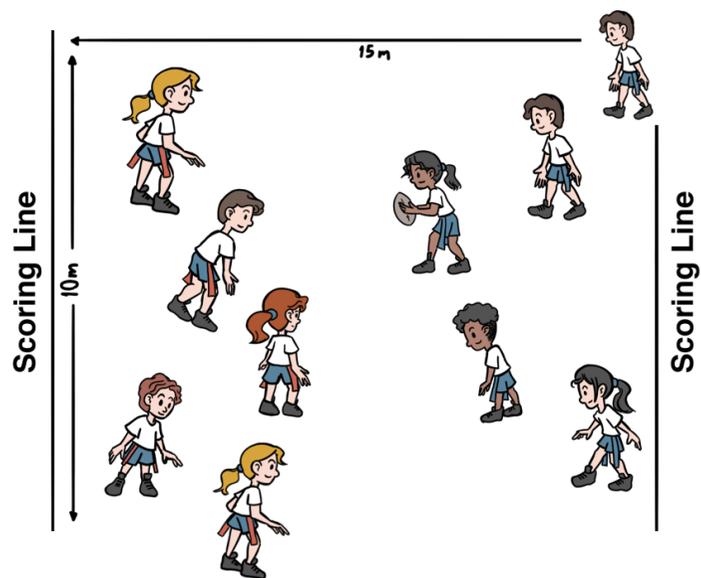
**5v5:**

Pupils play 5v5 across an area approx. 10m x 15m. Pupils score by putting the ball down over a try line using two hands.

Rules:

- If tagged the attacker must stop running and has 3 seconds to pass, then places the tag back on their belt.
- When tagging someone, shout 'tag' and hand back the tag.
- Ball must be passed backwards or sideways.
- If the defending team make three tags in one attacking play, they win the ball.

Teacher note: After each tag, encourage the attacking pupils to spread out across the teaching area. This will help to create gaps to for them to attack into.



5 Mins

Plenary

Question the pupils on what they found difficult about keeping possession or winning the ball back in a game.

Who played well in their game?

How did they help to support their team?