



YEAR 5/6

## Tag Rugby

Lesson 5

### Learning Objective

To be able to lose a defender.

### Success Criteria

#### Year 5

- I can change direction to lose a defender.
- I can move into space to help my team.

#### Year 6

- I can select and apply different movement skills to lose a defender.
- I can create and use space to help my team.

## Handy Hints

Change direction or speed to lose a defender.

Bend low and push off in the other direction.

## Equipment

- Cones x 30
- Rugby balls x 8
- Tag rugby belts x 30
- Team bands x 15

**10** Mins

## Warm Up and Introduction

**Tag belts on.**

### **Two tags:**

Everyone starts with one tag on their belt. The aim of the game is to get two tags onto your belt. Play for a minute at a time and see who has been able to get two tags after each round. If pupils manage to get two tags on their belt, they must try to keep both tags until the time is up.

[Change direction to get away from people who are trying to steal your tag.](#)

**45 Mins**

## **Skill Development**

### **1v1:**

Discuss with the pupils how you can get past a defender.

Teacher note: A change of speed and direction will help to lose a defender.

In pairs. Number one begins on one side of the teaching area. Number two begins 6m away. Number one runs, trying to reach the line behind number two. Number two tries to slow down number one as much as possible by getting in their way. If they successfully make a tag, number one must start again.

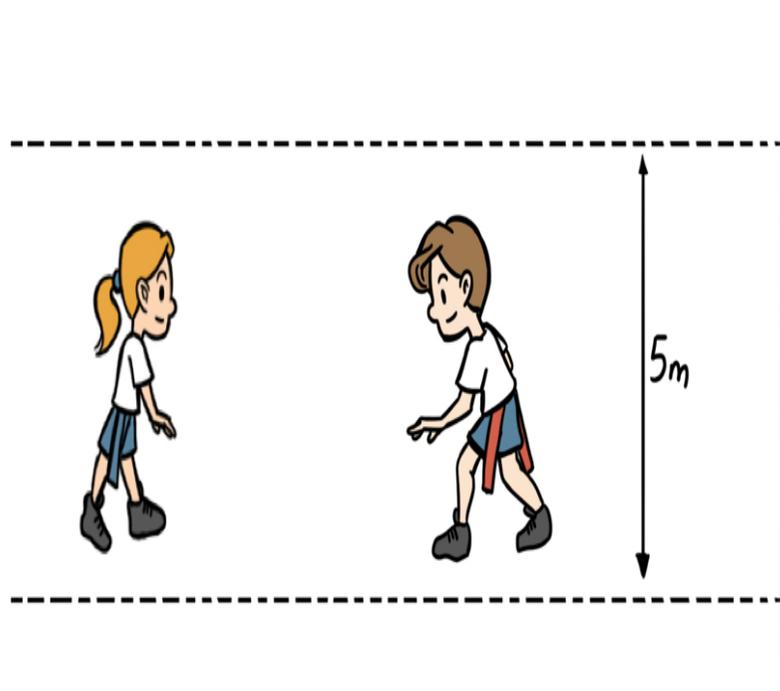
Rotate roles.

Teacher note: Pupils may need to mark out areas so that they do not run too wide i.e. a channel to work in.

Remind the pupils that they are not allowed to block or protect their tags.

Encourage the attackers to run at speed.

Change direction and pace to lose a defender.



### Through the gate:

In groups of four with four cones. Mark out a 6m x 6m playing area.

A The pupils must each stand between two of the cones that mark their square, this is their gate. The pupils take it in turns to try and run through any of the other three gates. The pupil in that gate can stop them by tagging them.

Change direction and speed to trick the defender in the gate.

Make this easier by making the square bigger.



**B** Progress this to pairing pupils together to make two pairs, an attacking pair who try to get through the gates and a defending pair who defend one gate each. Groups need one ball between four. The attacking pair pass to each other and attempt to get through one of the defending pairs' gates to score a try by placing the ball down on the floor. The defending pair cannot come out of their gate, but attempt to stop the attacking pair by tagging them as they run through their gate. Repeat changing roles. Allow pairs time to discuss tactics of how they are going to get through one of the gates.

Teacher note: Allow the attacking pair to pass in any direction for this activity.

### 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.

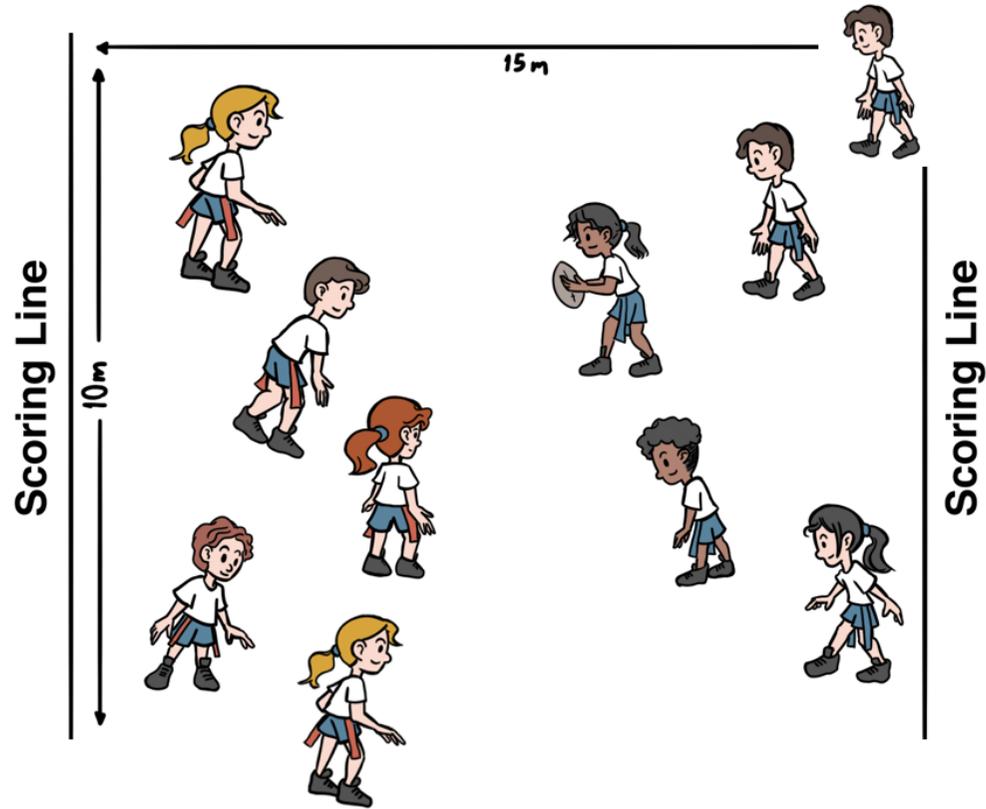
### Rules

- If tagged, stop running, 3 seconds to pass, then place tag back on belt.
- When tagging someone, shout 'tag' and hand back the tag.
- The ball must be passed backwards or sideways.
- Three tags in one attacking play and the ball goes to the opposition.

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.

[Change direction or speed to lose a defender.](#)

Make this easier for a team by having more players than the opposition.



**5 Mins**

## **Plenary**

How did you get around the defender?

Was it always the best option to try to dodge around the defence?

What could you have done instead?