

# TAG RUGBY LESSON 2 - YEAR 3 & 4

Learning Intention: *How can you move with a ball in your hands?*

## EQUIPMENT:

15 medium-sized balls  
(preferably rugby balls), cones,

Year 3:

I can move with control with a ball in my hands, sometimes using the correct handling position

I can move with control with a ball in my hands using the correct handling position

I can move with control in a variety of directions with the ball in my hands using the correct handling position

Year 4:

I can move with control with a ball in my hands using the correct handling position

I can move with control in a variety of directions with the ball in my hands using the correct handling position

I can move with speed in a variety of directions with the ball in my hands using the correct handling position

## WARM UP: Egg Timers

- Children begin moving around the area jogging – no one can stand still.
- Teacher introduces up to 10 rugby balls.
- If you have a rugby ball (egg timer) in your hands you have 5 seconds to hand it to another player.
- When the teacher calls “freeze” the class must stop and copy the stretch the teacher is showing (teacher can also select different children to show a stretch they know).

## ACTIVITY 1: Handover Practice

1. In pairs; 2 children to practise handing over the ball to each other.
2. Children start on the line – standing alongside their partner or slightly behind – **never in front of the player with the ball.**
3. Child A starts running with the ball as child B runs alongside them.
4. After 5 strides child A hands the ball to child B – who repeats the same after 5 strides.
5. Children work across a 20m area up to a line of cones and then all the way back to the start point.
6. Teacher can reward children for good technique.
7. Teacher can ask the children to demonstrate good examples.

Q & A – What is important when holding the ball? Teacher to go through Teaching Point 1.

8. Repeat the game; children to now focus on holding the ball correctly:

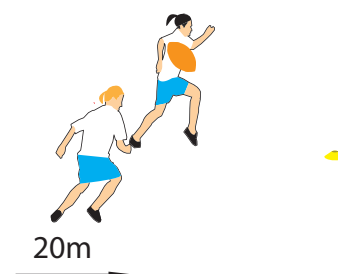
Q & A – What height should they hold the ball at? Teacher to go through Teaching Point 2.

9. Repeat the game: children to now focus on holding the ball at the correct height: “chest to chest” and transferring the ball from one side of their body to the other.

**Safety: When running, children to avoid each other, looking out not to bump into their friends.**

*Make it harder:* To emphasise smile shape across the body

*Make it easier:* To move at a slower pace.



## TEACHING POINT 1

1. Two hand on either side of ball
2. Hold the ball at chest height
3. Ball travels in across the body

## ACTIVITY 2: Cross the Jungle

### TEACHING POINTS: Running safely

1. Non-contact
2. No diving – stay on two feet
3. No collisions - look where you're running

Q & A – How do we keep safe when running in a restricted area?

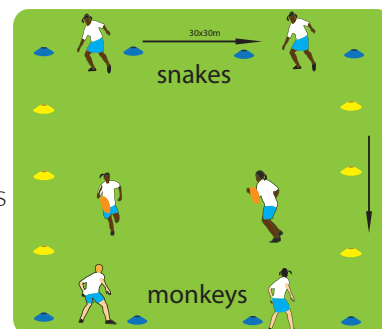
Teacher to go through teaching points.

1. Set up the square area as shown in the picture.
2. Split the class in two teams; half the class start at one end of the square (snakes) – the other half of the class (monkeys) start at the opposite end.
3. 5 or 6 children in each team start with a ball.
4. Teacher to call “cross the jungle”; the children with a ball must then run to the opposite side of the square, avoiding the children running towards them and then back to the start - handing the ball to another player in their team upon their return.
5. The first team to do so wins a point.
6. Repeat the practice numerous times so all children get a go at running with the ball.

Q & A – How should we be holding the ball when running?

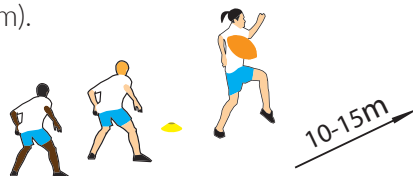
7. Repeat again focusing on correct handling position – teacher to award points for handling position as well as speed.

*Make it easier:* To run along the edge of the area so they don't have anyone to avoid.



## ACTIVITY 3: Rugby Relays

1. Set up the area as shown in the picture.
2. Children to work in equal teams of 5 or 6.
3. Relay races rules:
  - One player at a time.
  - Each player runs around the end marker and back to their team.
  - Each player runs once (unless odd number team).
  - Ball must be handed over, not passed.
  - The first team to finish wins a point.



4. Relay events
  - Relay 1: Run holding the ball around the marker and back to your team.
  - Relay 2: Run whilst moving the ball around your waist.
  - Relay 3: Run through a slalom of cones – must dodge side-to-side.
  - Relay 4: Hat relay – move forward whilst balancing a cone on top of your head like a hat (the team who drops their hat the least will win the points).

Teacher to highlight good examples of ball handling throughout races and reward teams with points.

## COOL DOWN

Children to repeat warm up Egg Timers activity - power walking only – can you do it without dropping a ball?

## PLENARY

What did you enjoy about the lesson? How can you move with a ball in your hands?