# Rugby FUNdamentals L4

Year 1

Learning Intention: How can you tag in a game?

Yr 1

I can attempt to tag another player by trying to get close to them I can tag another player and get close to them I can face a player and tag them

# **EQUIPMENT:**

Cones, Tag belts, Hula-hoops, Bibs, Balls.

## WARM UP: 'Grab a tag'

All children to have tag belts.

Choose 3 children to act as the 'taggers.' They will attempt to tag the remainder of the class. The rest of the class attempt to avoid the 3 taggers by running and dodging until the time is up.

Swap the taggers after 30 seconds for 3 new ones.

### ACTIVITY 1: 'Steal the Treasure'

#### Rules:

- 1) Children to 'face each other' in 2's
- 2) They will then attempt to grab their partner's tag
- 3) If they are successful and manage to grab a tag, they must call "TAG" and then hand it straight back.



**Step forward** 



**Keep body position low** 



Face your partner when tagging

Linking Learning: In Rugby you need to get close to a player to tackle them

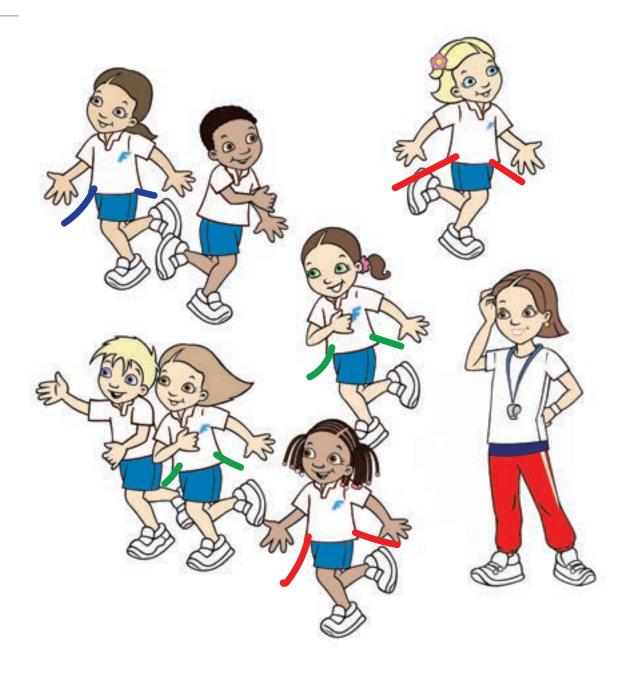
# ACTIVITY 2: 'Tag-Mania'

Divide the class into four teams. Each player attempts to grab as many belts as possible in the given time.

After 30 seconds, players swap. How many belts can you grab? Which team won?

Q&A: "What do you need to do in order to tag a player?

Repeat the game again.

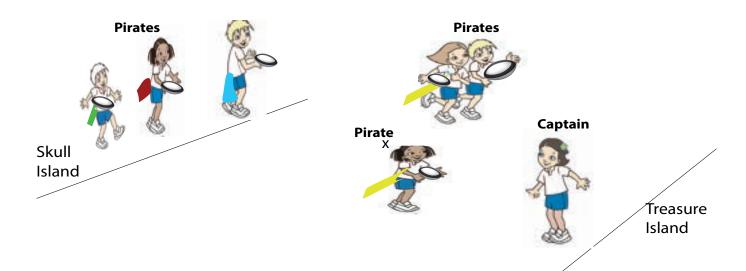


# ACTIVITY 3: 'Captain'

You can have 3 different games being played at the same time (or alternatively play as a whole class)

- 1) One child is the 'Captain'
- 2) Captain calls any colour e.g 'Red Pirates' any pirate with a Red tag can run across to Treasure island (from skull Island).
- 3) Captain to try and chase the Red pirates and grab their tags captain must call "tag"
- 4) If they get tagged they join the 'Captain' and help them catch more pirates
- 5) If the captain calls 'Pirate mania' ALL the pirates can run across to Paradise Island. The last person remaining is the winning Pirate.

Linking Learning: When the Pirates get to Treasure island they must place the ball down with two hands- When did they do this last lesson?



#### **COOL DOWN**

Children to move around the area slowly (jog, walking).

#### **PLENARY**

What did you enjoy about the lesson today? Can you tell me anything about how you were able to tag an opponent in the games? Can you name one thing that is important when tagging in a game of tag rugby?

