Rugby FUNdamentals L5

Year 1

Learning Intention: How can you get past a tagger?

Yr 1

I can look forward and try to get past a tagger
I can look forward, keeping my head up, when moving past a tagger
I can stand tall when moving past a tagger and look forward

EQUIPMENT:

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

WARM UP: 'Super Hero Tag'

All Children are running around in an area approximately 20m x 20m, or in a sports hall.

- 1) 3 Super-Heroes-Each with a ball (these can not be tagged)
- 2) 3 Taggers-who attempt to tag everybody else on the arms
- 3) If you are tagged, you must FREEZE
- 4) A Super-Hero can free anyone by **passing** him or her the ball.

Swap over the Super Hero's and Taggers.

ACTIVITY 1:Beat the Shark

All players to have a tag belt on.

Rules:

1) One child is the pirate and one is the shark

2) Pirate has to try and get past the shark

3) They are to try and get to the other cone (island) and touch it

4) The shark is to try and tag the pirate (get their tag)

Competition: Each time a pirate gets past the shark they score a point.

Challenge: How many can they core in one minute? Swap over.







Stand tall

Quick feet

Look forward

ACTIVITY 2: 'Sink the ship'

All Children with tag belts are in an area approx 20m x 20m. (Set up 2 pitches)

Aim is for 'Crossbone Pirates' to take a ball (cannonball) and place it on the opposite pirate ship and leave it there-getting as many on balls on there as possible-to sink their ship.

They must then return to their own ship, without getting caught (tagged) by the **'Skull Pirates'**.

Rules:

- 1) All 'Crossbone Pirates' start with the balls on their ship
- 2) **'Skull Pirates'** are trying to stop the **'Crossbone Pirates'** from putting the balls on their ship. They do this by tagging them!

If they tag a player - they call "tag" and give them the tag back - and then send them back to their ship

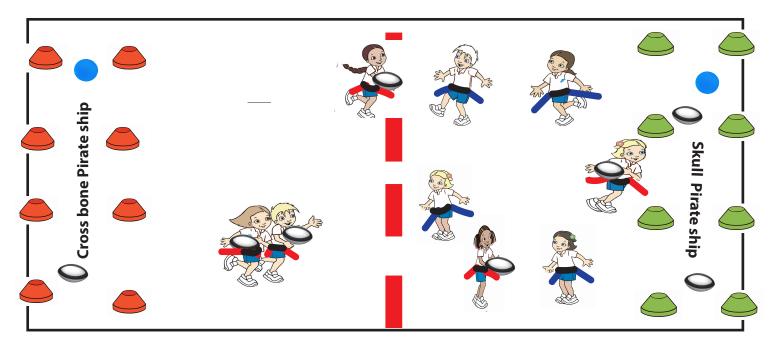
3. 'Crossbone Pirates' must get past the 'Skull Pirates' and place their ball on their ship with 2 hands!

Remember if they are tagged, they must go back to their ship and start again.

- 4. All pirates can go anywhere- However remind the defending pirates they are best staying in their own half, to protect their ship!
- 5) Swap over roles- Now 'Skull Pirates' are trying to sinks 'Crossbone Pirates'

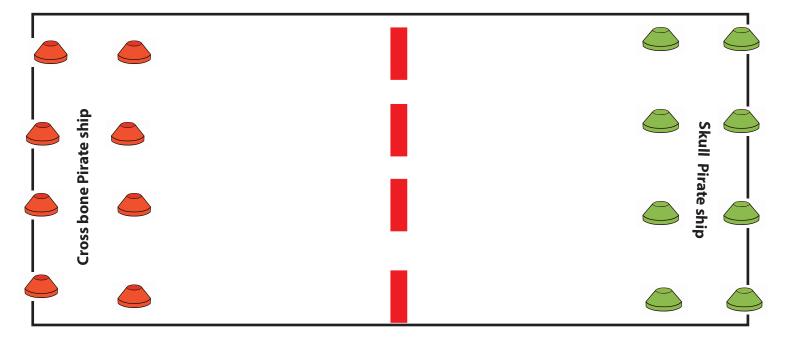
To get past a player remember:

- Stand tall
- Look forward
- Have quick feet



Aim is to get the balls off their ships onto the other teams ship

Defenders- stop them by tagging them and sending them back to their ship



COOL DOWN

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

PLENARY

What did you enjoy about the lesson today? Were you able to get past any taggers in today's lesson? If so, can you tell 1 thing that will help you to get past an opponent in a game?

