### Year 4, Tag Rugby Lesson Objectives (2)

- To be able to move away from a defender
- To be able to pass and catch a ball successfully

<table>
<thead>
<tr>
<th>Introduction/ Warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moving through gates (as per last lesson)</td>
<td>5 min</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Move away from a defender</strong></td>
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<tr>
<td>Introduce the <strong>Sidestep</strong></td>
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<td>- The sidestep is a quick change of direction to evade a defender.</td>
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</tr>
</tbody>
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When a pupil runs to a gate instead of moving through the gate they must evade one of the cones as if it was a defender. Using the side step to quickly change direction.

**Passing and Catching**
In pairs pupils can practice static passing and catching in a space

**Passing and Moving**
Pupils continue in the same pairs, they must now try and move and pass the ball at the same time.
Start with walking the pairs will walk around the area and pass the ball back and forward.
Pupils need to think about speeding up when they receive the ball to get in front of their partner and after they have passed the ball to slow down slightly to let their partner go ahead.

**Simple Possession Game**
In groups of 4 there will be 3 attackers and 1 defender.

In a square the 3 attackers must keep the ball away from the defender who is trying to intercept the ball.

To start with the person in possession of the ball cannot move. The other 2 attackers must move into a space to receive the ball. If the attackers can make a certain number of passes (ability dependent) the defender must do 10 star jumps. If the defender gains possession the attackers must do 10 star jumps

The link explains the sidestep:
http://news.bbc.co.uk/sport1/hi/rugby_union/skills/4197752.stm

This time the passer will take 2 steps forward before passing to their partner. This creates a more backwards pass. After passing they retreat 2 steps and their partner takes 2 steps forward and passes backwards

If a group is doing well they progress them on to a slow jog and then a faster jog.

Both partners must face the same direction (PASSER MUST NOT FACE WHERE THEY ARE PASSING)
The pass must be travelling sideways
Pairs who are finding it easy can move further apart and try and pass quicker.

Make sure pupils are passing both directions Left to Right and Right to Left

If excelling get the pupils to try not to stop to pass and the catcher should try and step forward to catch so that the drill becomes continuous without any stopping

Focus on the passing technique
Look for communication between the partners (when they want a pass, where they are in relation to the passer)

Changes of speed are important, the catcher must speed up after receiving the ball.

If pairs are doing it successfully at a good speed then pairs can be put together to make a bigger group (3s or 4s)

Add competition: Move to a gate and perform 5 passes to gain 1 point

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