### Year 5/6, Tag Rugby, Lesson 4 Objectives
- To be able to follow the rules of a tag game.
- To be able to throw and catch a rugby ball.
- Start to learn how to tag other player.

### Lesson Structure

#### Introduction/ Warm up (Connection and Activation)
- Introduce the tag belt to the pupils and show how the tag belt is to worn. Allow pupils time to get belts on and check belts are being worn correctly. Explain to the pupils that Tag Rugby is a non-contact sport, and the worst that can happen is they take your tag belt.
- Play tails. Make a grid 20 by 20 metres. The aim of the game is to collect as many tags as possible in 30 seconds. Explain that in this game you can keep the tags and you are not out if you lost both your tags.
- Repeat game.
- As pupils play the game highlight the need to try and grab the tag at the bottom when it flies up in the air and not at the belt.
- To be able to tag another player
- To be able to outwit your opponent using dodging, sidestepping and spins.

<table>
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<tr>
<th>GAME</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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| Play 'keep my tail'. Split the group into 5/6 and set up a 10x10 grid for each group. All the pupils take their tags off, except for 2 pupils who take off 1 belt and place the other on the back of their belt like a tail. The winner of this game is the player who has the tag belt after 30 seconds. Pupils run around inside the grid and chase 1 of the players with a tail. If you take the tag then you place it on your belt and run away. **Discuss: KP1**  
Let students practice. **Application:** KP1, KP3.  
Pupils will have to use different techniques to avoid players and practice tagging (see how many successful tags you can complete). See how many successful attacking moves you can complete. **DRILL**  
Introduce the ball to the pupils. Demonstrate how to hold the ball correctly and how to pass to a partner. Allow pupils 10 minutes to practice passing and catching the ball. Where do we want the ball to go? Which way should the nose of the ball be pointing? How do we know when our partner is ready to catch the ball? Demonstrate how we make a target with our hands so that our partner knows where to throw the ball. **GAME**  
Play 'stuck in the mud': Remind pupils of the rule of this game. Explain that 1 person will be the tagger and will be using a ball to tag you. The tagger must hold the ball with 2 hands. | 5 min | If somebody loses both their tags really quickly and is struggling to catch anyone introduce a pile of spare tags that they can collect 1 from with your command. |
| | 10 min | If the player takes your tail you join them and help catch the rest of the players in your grid. Get students to try the following:  
- Run at the defender and do a sidestep/spin around them  
- Running with a ball  
- Competition see how many times you can beat the defender Join 2 groups together and play a larger version of the game. Add extra tagger or make grid smaller. | 10 min | Move further away/closer together How can we dodge getting tagged? How many hands do we have to have on the ball? Why is it important to be looking in any games? | 10 min | Pupils walk and pick up the cones. |
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<thead>
<tr>
<th><strong>Cool Down</strong></th>
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<td>Long, slow steps around the area, also gently swinging arms in a large circle (forwards then sideways each way) Standing in a circle pass the ball around slowly to the person next to them.</td>
<td>10 min</td>
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