## Intro to Tag Rugby

### Learning objective:
1. To practise moving with the ball
2. To practise passing and catching a rugby ball
3. To practise tagging

### Lesson Structure

<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>Cat and Mouse</td>
<td>Extend</td>
<td>• Decrease the playing area</td>
</tr>
<tr>
<td>Each child will have a bib to use as a tail (mouse) and will try and avoid being caught by the catchers (cats). The cats will wear the bibs. The cats must try and take the tails from the mouse by pulling the tail out. The mice must use their body to dodge and avoid letting the cats take their tales. If the mice get their tail pulled out they must do 5 star jumps and then put the tails back in and continue. The mice can have a ball each.</td>
<td>10 mins</td>
<td>• Introduce a time limit with a target of how many mice to be caught</td>
</tr>
<tr>
<td>Developments - Give the mice a ball and introduce having 2 hands on the ball. - Give some children 2 bibs (one on each side) to make it more difficult.</td>
<td></td>
<td>• Cats can only catch certain mice.</td>
</tr>
<tr>
<td>Support</td>
<td></td>
<td>• Increase the size of the playing area.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Only certain children can catch each other</td>
</tr>
</tbody>
</table>

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### Passing and Catching

In pairs children will pass the ball between each other. Discuss - *In which direction do we pass the ball in rugby?* Sideways / backwards.

#### Passing technique
- 2 hands on the side of the ball, fingers pointing down.
- Facing forwards the ball is thrown in an underarm motion to the side. The upper body turns towards the target during the pass.
- After releasing the ball the hands should follow through towards the target.

#### Catching technique
- Hands ready in front of chest, palms facing forward with fingers pointing up. As the ball approaches move hands and body towards the ball.

### Moving with the ball and scoring

*Why should we have 2 hands on the ball when moving?*

A number of gates will be placed within the playing area using 2 cones for each gate.
- The children will move with the ball from gate to gate.
- A time limit will be introduced for the children to go to as many gates as possible.

*How do we score in rugby?*

Ball placed on or over the ‘TRY’ line. As before the children must move from gate to gate. They must now score at each gate by putting the ball down in between the cones. The ball must be placed not dropped.

### Rugby Relays

**Straight Relays:** In small teams, one at a time the children will run to a cone and back and pass the ball to the next person.

**Zig Zag Relays:** same as above however there will be cones creating a zig zag run.

### Extend

- Increase distance of pass.
- Increase speed of pass.
- Add movement- children can walk while passing and then progress to jogging.
- Add challenges (such as number of passes in a certain time, number of passes without dropping the ball)

### Support

- Decrease distance of pass
- Allow children to face each other when passing initially.

### Plenary

*Questions:* Can you describe passing and catching technique in Tag Rugby? How many hands should we have on the ball? Why? How do you score a try in rugby?