

Scheme of Work Tag Rugby

Year 6

Lesson One- Spin Pass

Warm Up- Stuck in the mud with rugby ball in W Grip. Players who are 'on' have rugby balls in their hands. They have to touch other students with the ball to get them stuck in the mud (keeping hold of the ball at all times).

Drill 1- Spin pass- Get students paired up and practice the spin pass to each other. Make sure you explain and demonstrate this.

Drill 2-Gauntlet passing drill- Get the students in groups of 5 with 4 attackers on the line with a ball and 1 defender in a zone. The defenders are only allowed to move in a sideways motion to defend the attackers. The attackers will then try and get around both the defenders to score a try. Make sure you swap the attackers and defenders over. This can be progressed onto the defenders being able to move in any direction, if the group is scoring a lot of tries. **The attackers MUST use a spin pass.**

Drill 3-Mini games- split the group into 4 equal teams. Explain the rules from the big game last week. Make sure you tell all players to run forward with the ball. Try and split your teams into 2 teams who understood the game from last week and 2 teams who struggled. This way you can work more on the pitch with may be struggling. Stop the game as frequently as possible and get them to explain what was good and what was not so good e.g. passing forwards. **If the attacking team use a spin pass they score a point.**

Lesson Two- Games

Warm Up- Bulldog with rugby tags and belts- Players will play a game of bulldog, where all the players have tag belts on. Once a player has had a tag ripped off them, they will reattach it and join the team in the middle. **There needs to be a big emphasis on keeping a straight defensive line. Emphasis on the attackers not being able to run backwards.**

Drill 1- Mini games- split the group into 4 teams, with more attackers than defenders e.g. have 2 extra players on the team that is attacking (You can have 2 floating players, who will play on both teams for attack). Explain the rules from the big game last week. Make sure you tell all players to run forward with the ball. **Stop the game and talk about attacking the space. If the attackers use a spin pass they get a point.**

Lesson Three- Evasion (Side Step).

Warm Up- - Bulldog with rugby tags and belts- Players will play a game of bulldog, where all the players have tag belts on. Once a player has had a tag ripped off them, they will reattach it and join the team in the middle. **Give an example of a side step.**

Drill 1- 1 v 1- Students will be in groups of 4 or 6. Students will then go 1 v 1 against each other trying to get past each other, with one attacker with the ball trying to score and the other being a defender trying to stop them. The attacker has to use a side step to get past them. **This will be demonstrated before the drill.**

Drill 2- Mini games- the groups will be into equal teams. Make sure you tell all players to run forward with the ball. This way you can work more on the pitch with may be struggling. Stop the game as frequently as possible and get them to explain what was good and what was not so good e.g. passing forwards. **Any student that uses a side step to get past a defender will get a point for their team.**

Lesson Four- Games (Tactics)

Warm Up- Group warm up- get the class into 4 equal groups. Get a student to lead the warm up. Getting them to copy any of the rugby warm ups, or a steady jog and stretching.

Drill 1- Mini games- The equal teams will then have a tournament playing against each other. They can play each other once or twice depending on timings. On the other hand they could play each other once and then determine a 1st v 2nd game and a 3rd v 4th game. **Leader of the group will be putting people in positions and will look at tactics of how they are going to play. Teams that struggle with this will need teacher guidance.**

Lesson Five- Games

Warm Up- Group warm up- get the class into 4 equal groups. Get a student to lead the warm up. Getting them to copy any of the rugby warm ups, or a steady jog and stretching.

Drill 1- Mini games- The equal teams will then have a tournament playing against each other. They can play each other once or twice depending on timings. On the other hand they could play each other once and then determine a 1st v 2nd game and a 3rd v 4th game.