

TAG RUGBY SCHEME OF WORK

LESSON 1	LESSON 2	LESSON 3	LESSON 4	LESSON 5	LESSON 6
<u>Focus:</u> Basic rules games	<u>Focus:</u> Introduce to tag rugby.	<u>Focus:</u> Passing in rugby.	<u>Focus:</u> Passing backwards.	<u>Focus:</u> Passing backwards.	<u>Focus:</u> Tap penalty.
<p>History of rugby.</p> <p>Games with these rules - can run with ball, pass but not kick and no vigorous physical contact.</p> <p>Encourage running with ball - and to carry ball in 2 hands.</p> <p>Teams huddle together to discuss how to stop someone running with ball.</p> <p>Intro of 1 handed touch tackle on waist.</p> <p>Games using touch tackle.</p>	<p>Instead of 1 touch tackle – now going to tag for tackle.</p> <p>Introduce belts and how tags attach.</p> <p>Game without ball practicing tagging other team.</p> <p>In rugby – can only tackle (tag) person with ball.</p> <p>What to do after tagged (for tagger and tagged).</p> <p>Games using new rule for “tag rugby”.</p>	<p>How are you losing possession?</p> <p>Count how many times possession is lost.</p> <p>In pairs – discover correct technique for passing.</p> <p>Demo of swinging arms across body.</p> <p>2v1 – do not pass until defender approaches player with ball.</p> <p>Games – only allowed to use pass by swinging arms across body.</p>	<p>Comparison between American Football and Rugby.</p> <p>Into to passing ball backwards.</p> <p>Importance of running forwards when have the ball.</p> <p>Demo showing passing behind imaginary line.</p> <p>Games encouraging – running forwards with ball and passing back and to side, but not forwards.</p>	<p>Importance of person with ball running forwards.</p> <p>Support player with ball by running slightly behind and to side.</p> <p>Passing along a diagonal line in groups of 4.</p> <p>Demo – short pass to team mate “on your shoulder” (“pop pass”).</p> <p>Games 4v4 with introduction of free pass to opposition for forward pass.</p>	<p>Revision of how support player with ball.</p> <p>Explanation of ‘tap penalty’.</p> <p>Demo of 2 different methods.</p> <p>For what is a “tap penalty” awarded?</p> <p>Games with tap penalties – all children given opportunity.</p> <p>King/Queen of the pitch competition.</p>