

Addington School P.E Faculty Lesson Plan 2016

Autumn Term

KS 3 & 4	Year 7-14	Activity: Tag Rugby	Lesson: 1
<p>Objectives</p> <p>ADS To develop ball manipulation skills and basic passing and catching.</p> <p>SASCT – To apply these skills to game situations.</p> <p>KUF –</p> <p>EIP –</p>	<p style="text-align: center;"><u>Teaching Activities</u></p> <p>Warm Up: <u>Shuttle run</u> in groups of 3/4. Start students lined up one behind each other in their teams, first child runs and then tags the next player in the team, The winning team is the first team all sitting down in a line. Variations – 1) run with 2 hands on the ball in and out of cones, score a try by placing and leaving the ball in the hoop, run around the cone, collect the ball, run around cones. 2) Run towards ball, pick up the balls, run with 2 hands on the ball and run around the far cone, score a try and leave ball on same line, tag next player. 3) Run with 2 hands on ball, run around cones, run round far cone return in same way, when back to last cone, pass ball to next player in the team. Last player runs back to team with ball. (8 mins)</p> <p>Each student is issued with a ball and is asked to perform particular skills (refer to RFU notes Activity 2 – Ball Manipulation). (10 mins)</p> <p>Eggs in the Nest - (refer to RFU notes Activity 4 – Eggs in the Nest) (10 mins)</p>		<p>Resources:</p> <p>Tag belts Rugby ball Cones</p>
<p>Cross Curricular Links:</p> <p>Maths Literacy</p>	<p>Variation on the above game is: Empty Nest: 4 “nests” (different colour coned areas) evenly spread around the hall/court/field. 4 teams and 6 rugby balls in each nest. Number players in each team. The number 1’s take a ball and run to place (not throw) it in another teams nest, run back to tag the next player who repeats and so on. Time based. The team with the least balls in their nest wins.</p>		<p>Key Words:</p> <p>Tag Rugby Pass Catch Jump Clap</p>
<p>Safety</p> <p>Proper kit and footwear to be worn. No jewellery. Look up when running so no crashes occur. Slippery surface. Have enough space. No contact. No diving</p>	<p>Passing in a circle: Gather the class in to a big circle, with the teacher in the middle. They call out the students name and pass and the student throws it back to them. Mention how to stand when passing and basic throwing technique. When the students are used to that skill, then introduce that they have to either clap or jump (MA – can do both or more) before they catch the ball. Have a practice round and then get students to sit down, if they fail to either clap or jump before catching. (15 mins)</p> <p>Cool down and plenary: Students stay in a circle and stretch whilst the teacher asks them questions and shares basic Tag Rugby rules (eg: no contact (only tagging), no kicking of the ball and no diving.</p>		<p>Assessment:</p> <p>Q & A teacher assessment Evaluation of answers</p> <p>Differentiation:</p> <p>MA = more complex ball manipulation skills, quicker pace when ball is thrown to them.</p> <p>LA = smaller ball, less skills to develop, work on them for longer.</p>