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| ***Class:*** year 6 |
| ***Lesson:*** tag rugby week 4: recap of session 1-3 |
| ***Lesson Objective:***  To be able to understand and apply knowledge of basic and more advanced kicking/catching, passing and dribbling. |
| ***Resources:***  Rugby balls x15  Cones x10 of each colour  Bibs x15 |

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| ***Warm Up:***  Foxes and hounds: 2 teams, foxes have bibs (tags) in their shorts. The hounds try the get the tags, if they get the tag then they swap jobs.  **Coaching Points:**  Speaking/listening skills  Increase HR  Prepare body for exercise  ***Safety Points:***  Spacial awareness  Environment checked  Equipment checked |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***   1. Recap of last week’s lesson, on how to drop kick the rugby ball. 2. In pairs/ groups work on kicking the ball, ensuring they kick the ball to their partner’s hands. 3. Recap of Explanation/demonstration of how to catch a high ball safely. 4. In pairs/ groups work on catching the ball, ensuring watch the ball into their hands, from their partners throw. 5. Recap of explanation/demonstration of how to dribble and pass the rugby ball. 6. In pairs/ groups work on dribbling and passing the rugby ball.   All of this is done to ensure learning has been done and understanding is complete.  Recaps of each part of the session and also ABC’s throughout.  **Coaching points:**  Position of hands on dribble and catch  Teamwork  Timing point of the kick  Communication  ***Safety Points:***  Spacial awareness  Environment checked  Equipment checked |
| ***Warm Down***:  Self-lead cool down: students will be asked for ideas of how to cool down correctly, moving freely.  **Coaching Points:**  Lower HR  Reduce lactic acid  Help bring them down to a rest to prepare for remaining lessons.  ***Safety Points***:  Spacial awareness  Environment checked. |
| ***Plenary:***  Working/ revising each section of tag rugby, insuring complete understanding, this will be revised in week 6/7, leading on basic set piece work. |

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| RED: they are able to complete the basic tasks within the session but requires constant help or 121’s. They however are unable to complete many other tasks. |
| AMBER: they should be able to work through each section of the session without much help or assistance and have a competent understanding and application of ball handling/passing/dribbling and kicking or catching . |
| GREEN: they should be able to excel at each part of the session, and are moving in overload scenarios against them or help the lower abilities (red) to progress into the next level. |