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| ***Class:*** year 6 |
| ***Lesson:*** tag rugby week 3: kicking/catching |
| ***Lesson Objective:***  To be able to understand and apply knowledge of basic and more advanced kicking techniques, well as catching techniques. |
| ***Resources:***  Rugby balls x15  Cones x10 of each colour  Bibs x15 |

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| ***Warm Up:***  Colour switch/ Numbers game: numbers corresponds to certain movement, while certain shouts of a colour corresponds to a certain section of the area.  **Coaching Points:**  Reactions  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, as well as explanation and demonstration of 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. 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. Game related: jail breakers- Area is split into three sections (safe zone/guards/safe zone), the have to work in pairs to kick the ball over the guards to their partner.   Recaps of each part of the session and also ABC’s throughout.  **Coaching points:**  Position of hands  Teamwork  Timing point of the kick  Communication  ***Safety Points:***  Spacial awareness  Environment checked  Equipment checked |
| ***Warm Down***:  Cool down train: conga style cue going from fast to slow, using static stretches throughout.  **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, this week was kicking and catching. Next week is a recap of weeks 1-3’s lessons to ensure understand and safe application. |

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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 kicking/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. |