

RUGBY

Rugby Objectives

Encourage changes of direction and speed when attacking 1v1.

Improve decision making to know when to pass and when to run with the ball.

Play quick passes to keep possession.

Encourage creative play during game situations to exploit space.

Develop skills and tactics during small sided games

Variety of games to develop passing and receiving techniques.

Year 5 Rugby Lesson 1 Passing + Receiving

Open Up

Children are set out in a Y shaped position. Children in the line have a ball each. The game starts with a pass to the middle child. The child receiving the ball tries to catch the ball then pass to one of the waiting players at the top of the diagram (picture 2). After each pass the child needs to follow their pass then take up their new position. When the player at the top receives the ball they run with the ball to the back of the line (picture 3). Make sure children alter which way they pass to the children at the top.

Encourage children to pass the ball at a suitable speed to catch.

Can children pass within 2/3 seconds?

Encourage children to run fast with the ball when returning back to the line.

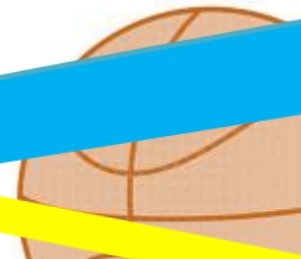
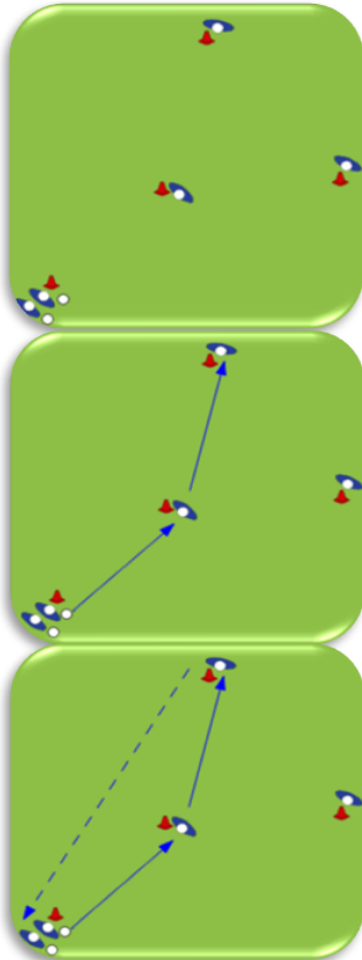
Can children pass without the ball going above head height?

Encourage children to make eye contact before releasing the ball.

Encourage children to get into good habits and communicate when passing and receiving.

Can some children come towards the ball when catching?

Continued overleaf





Year 5 Rugby Lesson 1 Passing + Receiving

Squares and Triangles

Children play 3v1, 3 attackers against 1 defender. Children in position count to see how many passes they can achieve before the defender wins the ball. The defender wins the ball by catching or hitting the ball out of the square. If the defender wins the ball they win a point. After 1-2 minutes the game finishes. The attackers get the amount of passes in points (example, highest score 14 successful passes = 14 points).

Can children create options for the child in possession to pass?

Encourage children use key points from Open Up session.

Children must pass within 3 seconds.

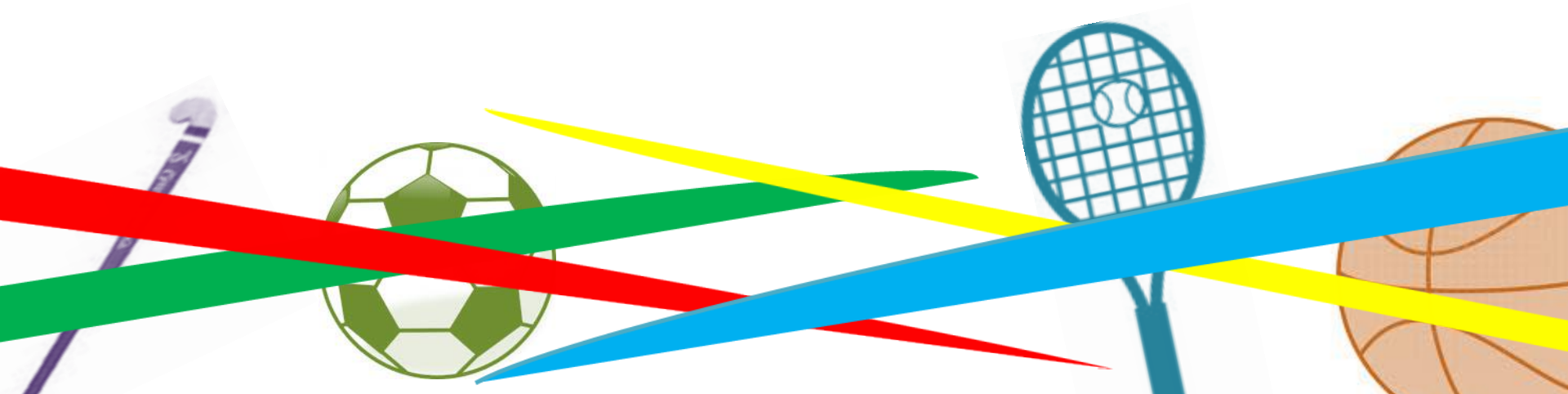
Change group members around to suit abilities.

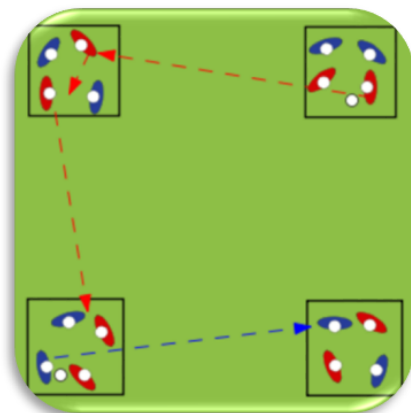
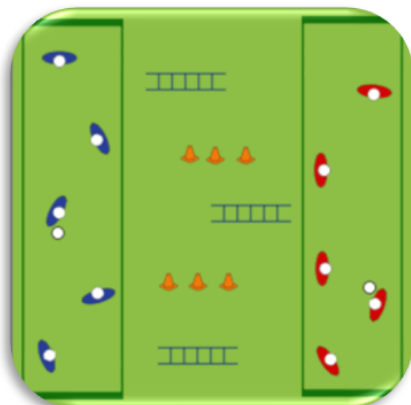
Encourage children to spread out and use all the space.

Lesson Objective

Pass with appropriate speed/weight over a selected distance.

Play quick combination of passes.





Switch

Children are split into two groups. In their groups children are to keep moving whilst they pass the ball. On the teacher's whistle children place the ball down and then run across to the opposite side (teams swap sides). As soon as children reach the other side they pick up the ball and start passing and moving until the next whistle. On the next whistle children place the ball down and switch sides.

On the whistle children place the ball down and now must complete a piece of SAQ equipment before switching sides.

Every 2/3 turns change the way children travel through SAQ equipment.

Encourage children to switch with their head up to avoid collision.

On the teacher's whistle the child in possession of the ball now runs across with the ball to the other side without using SAQ.

4 squares in 1

Children are split into reds and blues. Each team has a ball. Children start by running with the ball to the box across to left (anti-clockwise). Once there children pass to the waiting players. Children play 3 passes, then another child runs out and across to the next box with the ball.

When running across children can now carefully pass the ball at the half way point to the waiting player.

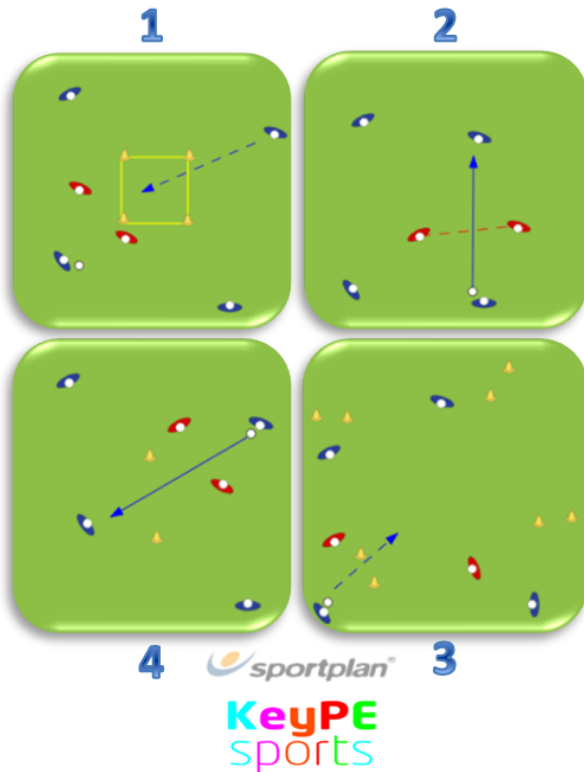
Can children pass without the ball touching the floor?

Encourage children to play passes quickly.

Lesson Objective

Travel with good awareness past other moving children.
Pass and move within the rules of the game.

Year 5 Rugby Lesson 3 Possession



Quarter Challenge

Box 1. 4v2 Blues try to keep possession. Blues score a point every time they receive in the yellow square without the ball being touched from the reds. Reds win points every time they touch the ball or the ball goes out of the area.

Encourage children to be patient in possession (do not always go for points).

Encourage children to time their runs into the box (no standing and waiting in the box).

Box 2. 4v2 Blues try to keep possession. For blues to score a point they need to pass the ball through the middle of the defenders. Reds win points by intercepting possession or if the ball goes out of the square.

Encourage children to be patient in possession (do not always go for points).

Box 3. 4v2 Blues try to keep possession. For blues to score a point they need to run through the set of yellow cones with the ball. Reds win points by intercepting possession or touching the ball.

Encourage children to be patient in possession (do not always go for points).

Box 4. 4v2 Blues try to keep possession. Blues score a point every time they pass through any yellow cones without the ball being tagged. Reds win points by intercepting possession or tagging the ball.

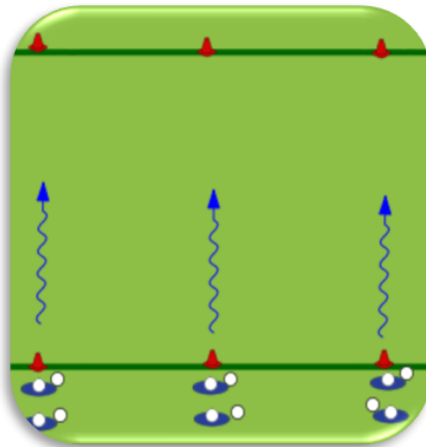
Encourage children to be patient in possession (do not always go for points).

Change defenders over regularly.

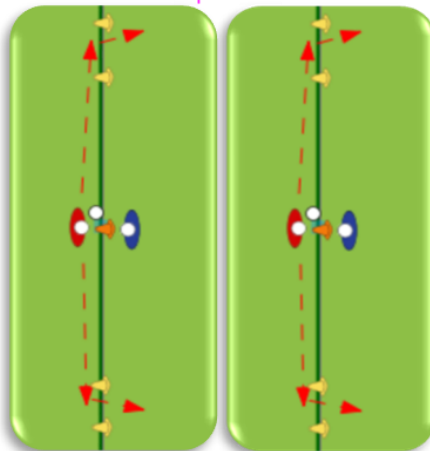
Challenge some children to pass within 3 seconds

Lesson Objective

Identify good passes to keep possession of the ball.



KeyPE
sports



sportplan

In Charge

Children set off in groups of 3 towards the end line. On the teacher's whistle children turn with the ball and race back to the line.

Encourage children to hold the ball with one hand/arm against their chest.

Encourage children to stay on line with each other before turning.

This time the child in the middle decides when to turn. When this child turns the other two children must turn and race back. First child to place the ball down behind the start line wins.

Change the lines around so everyone gets a turn in the middle line.

Encourage children look forward and at the middle line.

First 1 Through

Children play 1v1 with one ball between two. The red child starts with the ball. To win a point the child with the ball needs to run through a set of yellow cones without the ball being tagged. Blues must stay on their side of the pitch and only tag the ball when the red child is travelling through the yellow cones.

Make sure children continue to swap after each turn.

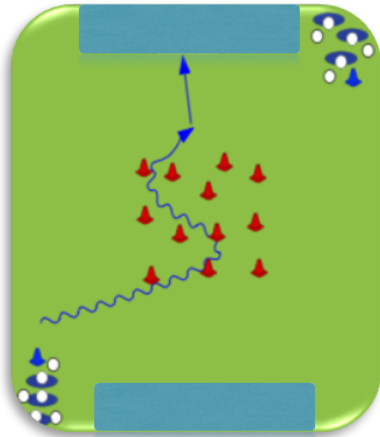
Can children speed up after a turn?

Ask children to try a fake turn to trick the defender.

Lesson Objective

Demonstrate affective changes of speed and direction.

Apply affective fake turns to travel away from defending children.



Skill Zone

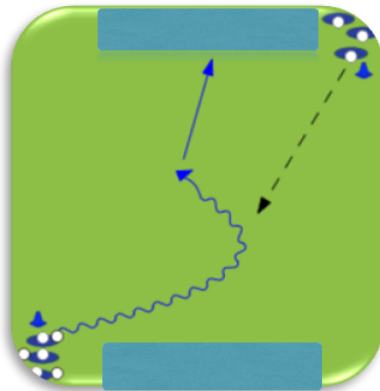
On the teacher's whistle one child from each line sets off towards the pack of cones. Children must travel around 2 cones before scoring a try in the opposite blue area.

Encourage children to show their neatest work not their fastest work.

Ask children to use the balls of their feet with bent knees when moving through the cones.

Now it becomes a race. One child from each line sets off. Both children need to circle 2 cones before scoring a try. If a cone is hit then their try will not count. First to score wins a point.

Challenge some children by asking them to circle 3 cones.



1v1's Face to Face

Children in the bottom line start with the ball. On the teacher's whistle one child from each line sets off towards the blue area. Children with the ball try to get past the opposition player and into the blue area without getting the ball tagged. If the opposition tags the ball then they win the point.

Children change lines after each game.

Ask children to change their speed when they go past the defender.

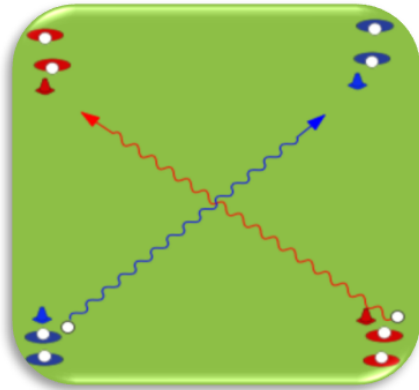
Can some children show a faint of direction to go past defenders?

Play 2v2 now children can pass or run past the defenders.

Lesson Objective

Travel in small areas with good awareness and body control.

Use affective changes of speed and direction to go past defending children.



KeyPE sports



sportplan

Kriss Cross

Children travel with the ball across to the opposite line then quickly join the back of their new line.

Encourage children to increase their speed if there is space in front.

Encourage children to time their run so they do not have to stop on the way across if the other team is obstructing them.

Can children swap over quickly by holding the ball out so the receiving child can run forward and take the ball?

Introduce a ball to each line. This will help children time their runs and communicate more with each other.

Children can now pass into the line once they have passed the half way point.

Tag Rugby Match

Children set up in teams of 5 or 6 and play in a small sided match.

Encourage children to use all the space provided.

Can children apply key points from previous lessons?

At half time ask children to discuss and identify strengths in their opposition and come up with strategies to win the match.

Give high skilled children tasks to complete during the game (example, pass to a different player than the one you received from).

Lesson Objective

Contribute towards creating affective strategies and tactics within a small sided game of Rugby.

Assessment and expectations

Rugby

Can pass to a selected target.
Can show a change of speed to get away from opposition.
Can select the right pass for the appropriate distance.
Can catch the ball more than 50% of the time.
Can complete and demonstrate technical parts of the lesson.
Shows understanding of tactics and strategies.
Can follow the rules of the game.

Exceeds
these
expectations

Meets these
expectations

Needs
support to
meet these
expectations



Assessment and expectations

Child exceeds expectations

Handwriting practice area for 'Child exceeds expectations' with 20 horizontal dotted lines.

Child meets expectations

Handwriting practice area for 'Child meets expectations' with 20 horizontal dotted lines.

Child needs support to meet expectations

Handwriting practice area for 'Child needs support to meet expectations' with 20 horizontal dotted lines.