

Lesson	Objective	Suggested Learning Activities	Assessment
1.	<p>To send a ball to a team member with control</p> <p>To receive the ball from a team member with control</p>	<p><b>Warm Up</b> Ball Tag - select 3 children to be taggers. They will run with the ball and tag people by touching them with the ball. They then pass the ball to the new tagger.</p> <p><b>Activity 1</b> Have a range of different size/shape balls with 1 given to each pair of children. Children to stand with a partner, they must pass the ball to their partner standing still. They will then progress to moving around and passing to their partner, counting the number of passes they make. After a few minutes, rotate the type of ball each pair has. Question on the ease / difficulty of using different balls, the handling and the throwing technique required.</p> <p><b>Activity 2</b> Split children into 3 groups and give coloured bibs. Each group will have a different ball type. Can they keep count of the number of successful passes they make as a team? All children will mix together trying to avoid making contact with any other teams.</p> <p><b>Cool Down</b> Select 2 children to be "robbers". They will try and steal any team's ball that is not successfully caught. The winning team will be the team who keeps hold of their ball for the longest.</p>	<p>Can students pass a ball to a partner who can catch it?</p> <p>Can students identify why some balls are easier to catch than others?</p> <p>Can students catch a ball from a team mate without dropping it?</p>

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2.	<p>To use passing and catching skills to beat a defender.</p> <p>To score points by touching the ball down onto a cone.</p>	<p><b>Warm Up</b>            Passing circles 1,2,3,4. In small group's children will try and make as many passes as they can. Can they pass in order? 1 to 2, 2 to 3, 3 to 4 ect. (Children must keep still when they have the ball).</p> <p><b>Activity 1</b>            Cone touch- Children will continue to pass the ball in their teams. However they will now have a target of touching the cones to score points. Cones will be set up in random places in a grid area. After 5 passes, the person who has the ball must touch a cone to score the point.</p> <p><b>Activity 2</b>            Same task as above, but this time a defender will be added in. Rotate defender after a few minutes.</p> <p><b>Activity 3</b>            Change the position of the scoring cones. Fewer cones will be played with and they will be positioned on an end line for each team.</p> <p><b>Cool down</b>            Hot potato- everyone will stand in a circle. The ball will be quickly passed around the circle. If a child drops the ball they must run around the outside of the circle and back to their start place.</p>	<p>Can students pass the ball in different directions?</p> <p>Can students identify who to pass to when trying to score points?</p>

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3.	<p>To travel with the ball towards a target area.</p> <p>To avoid a defending player when carrying the ball.</p>	<p><b>Warm Up</b> Stuck in the mud, ball style. – Two children will be selected to be ‘taggers’, two children will be selected to be ‘freers’. They taggers must try to tag the remaining children. The ‘freers’ are the only people who can free the tagged children by rolling a ball underneath their legs. After a couple of minutes rotate the nominated children.</p> <p><b>Activity 1</b> Snake in the Grass - All children start at one side and have to try and get to the other side without being tagged. One person starts as the tagger. Children call out “snake in the grass can we pass?” Tagger replies “only if you’re...wearing black, grey etc” Those children are allowed to cross first and are not tagged. Then the rest must try to pass without being tagged. If they are tagged they also become a tagger.</p> <p><b>Activity 2</b> Children will play the game again, however this time they will have a ball. They must run to the opposite line and touch the line with the ball to be safe. Activity 3- Separate children into smaller groups. They are only allowed one ball. Their job is to pass the ball to each other to try and get it past the Tagger in the middle, and touch the opposite line as in the last game. If the tagger catches the ball, they can try and score on the starting line of the attackers. Rotate tagger every few minutes.</p> <p><b>Cool Down</b> Whole group stretches and cool down activities.</p>	<p>Can students identify where the free space is to run into with the ball?</p> <p>Can students run past a defender without being tagged?</p> <p>Can students score a try after running past a defender?</p>

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4.	<p>To know how to close down a space when defending.</p> <p>To play a 3v1 game, throwing, catching and touching a line to score.</p>	<p><b>Warm Up</b> Snake in the Grass Game from previous week (without balls).</p> <p><b>Activity 1</b> Gladiators: defenders to try and prevent the attackers from getting past. Defenders to only move sideways to begin and can only tag their own line, add in tagging anyone. Progress to defenders moving 2 paces forwards or backwards. When defending ensure big shape, bend knees on balls of feet, shout tag when tagging someone on shoulder. Ensure focus is on the defenders - swap defenders around regularly.</p> <p><b>Activity 2</b> Split children into groups of 4 (similar abilities if possible). In each group 1 person will be the defender. Set up a small work area with a score line. Children will play for a few minutes each game then rotate the defender. The aim of the game is for the attackers to score a point by touching the score line with the ball, without the defender getting possession. Extension Activity- Mix up the teams (mixed ability teams) and play again.</p> <p><b>Cool Down</b> Whole group stretches.</p>	<p>Can students tag someone who is running with a ball?</p> <p>Can students keep a ball away from a defender to score a try?</p>
5.	<p>To demonstrate skills with control when under pressure.</p> <p>To apply throwing, catching and defending skills to a game situation</p>	<p><b>Warm Up</b> Ball Tag- select 3 children to be taggers. They will run with the ball and tag people by touching them with the ball. They then pass the ball to the new tagger.</p> <p><b>Main Activity</b> Split class into small sided teams. (3v3 games or 4v4) Additional rules to be added in: 1) When a player with the ball is tagged, they must stop and pass to someone on their team. 2) If the ball goes out of the playing area, the other team start with the ball. 3) Teams score 1 point for every line touch (try). Each team will play one and other in a 5 minute game.</p> <p><b>Cool Down</b> Hot potato in small teams.</p>	<p>Can students effectively combine skills to play an invasion game with a rugby ball?</p> <p>Can students keep score of their games?</p> <p>Can students work as a team to outwit another team?</p>