

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: Year 4– Tag Rugby

Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.

POS aims from NC:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing, and catching in isolation and in combination.
- Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders, and tennis), and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control, and balance (for example, through athletics and gymnastics)
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal be.

Prior Learning (what pupils already know and can do)

- Pupils will have Learnt the basic rules of the game.
- Learnt basic principles of the game such as passing, tackling, running with the ball.
- Worked in small teams to plan how to play.
- Taken different roles in some games, including attacker and defender.

Long-term Learning (what pupils MUST know and remember) End Goals

Tag Rugby - Ball familiarisation, intro passing and receiving, passing use of width, tackling technique, attacking, and outwitting an opponent, Game Play.

- To know how to maintain possession and outwit opponents.
- To know how to pass from the waist and receive, using accuracy and control. To know the rules of tag rugby regarding the pass, catching the ball (i.e., backwards, pass and knock- Ons.)
- To know how to perform these skills is small-sided games making decisions on how best to advance on opposition.
- To know how to do a backwards pass and how to score a try.
- To know how to tackle correctly and safely.

Key Vocabulary

pacing- slow/ fast, tagging, attacking, defending, sprint, dodging, accuracy, control, tactics, space, changing speed, direct, covering, delaying, moving feet, following through, knock on, tackle, try

Session 1 – To be able to perform fundamental rugby handling skills. To develop understanding and knowledge of the basic rules of tag rugby.

- To know the fundamental rugby handling skills.
- To know the basic rules of tag rugby.
- To know how to perform these skills in small-sided games.
- To know how to maintain possession and outwit opponents.
- To know how to run out place ball online (i.e., how to score a try) and run back + pop ball up.
- To know how to pass from the waist, using accuracy and with control.

Healthy Participation – Highlight the possible health benefits gained from taking part in Tag Rugby based activities and discuss the need to stay healthy and active.

Vocabulary – Agility, balance, coordination, jumping, hopping, pacing- slow/ fast, walking, jogging, running, tagging, attacking, defending, sprint, dodging, accuracy, control, tactics, space, changing speed, direct, covering, delaying, moving feet, following through, knock on, tackle, try.

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Session 2 – To be able to complete the key skills required when passing and receiving. To develop a good understanding of the key rules in tag rugby regarding the pass, catch, backward pass and knock-ons.

- To know how to perform basic passing and receiving with accuracy.
- To know the rules of tag rugby regarding the pass, catching the ball (i.e. backwards, pass and knock- Ons.)
- To know how to outwit opponents with the use of techniques.
- To know how to perform these skills in small-sided games making decisions on how best to advance on opposition.
- To know different ways to outwit an opponent: draw defender in and pass or fake pass.

Healthy Participation – Suggest any Tag Rugby clubs within the school timetable and promote community links.

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Session 3 – To be able use skills and techniques to outwit opponents in game-based activities. To demonstrate an understanding of the basic rules i.e. no backwards pass + how to score a try.

- To know how to outwit opponents using learnt skills and techniques.
- To know how to do a backwards pass and how to score a try.
- To know the importance of width and how to use it to attack.
- To know how to develop strategies and tactical play to beat and outwit opponents.
- To know how to do the 'sidestep' to give the attackers another options.

Healthy Participation – To understand the type of fitness rugby players need to perform at a high level.

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Session 4 – To be able to develop understanding and knowledge of how to tackle correctly.

- To know how to tackle correctly and safely.
- To know how to tackle from 'your team's side', hands in front, rip downwards, hold tag up and shout "TAG".
- To know how to tackle in a 2v1 situation.

Healthy Participation – To discuss the importance of exercise and that it keeps your heart healthy.

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Session 5 – To be able to outwit opponents using learnt skills and techniques.

- To know how to outwit opponents using skills and techniques.
- To know how to use spins, dummies, sidesteps and a change of pace to beat opponents to score a try.
- To know how to play small-sided games of 5v5.

Healthy Participation – Discuss the importance of having regular water and drink breaks during exercise keeps us hydrated when taking part in sport.

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Session 6 – **To be able to apply skills in game play to demonstrate understanding and level of performance.**

- To know how to apply all games learnt into game situations.
- To know how to successfully attack and defend.
- To have a demonstrate a good understand of the game and the rules.

Healthy Participation – Highlight the benefits of taking part in tag rugby on your long-term health. Discuss the benefits of being healthy and active. Discuss options for local tag rugby teams in the area.

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Future learning this content supports:

This unit will support further subjects in UKS2. Pupils will focus on how to use basic principles of attack and defence to plan strategy and tactics for tag rugby. Pupils will work on improving the quality of their skills with the intention of outwitting opponents. In all games activities, pupils think about how to use skills, strategies, and tactics to outwit the opposition.

Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).