

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Tag Rugby	5	Spring 1	6 hours
<p>Key Vocabulary: rugby ball, belts, carrying, catching, throwing, backwards, spiral, evading, attack, defend, possession, tactics, create space, positive, negative, intercept, challenge.</p> <p>Knowledge: Pupils will be taught to:</p> <ul style="list-style-type: none"> - Work as a team to attack and defend in order to win points - Understand positioning and tactics in order to score points - Compete with others. 				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	WALT throw and catch using the correct techniques.	<p>Introduce Tag Rugby to the children. Address any questions they may have.</p> <p>Warm up- Rats and Rabbits. In pairs, children will stand next to each other, one being a rat and one a rabbit. Teacher will call out Rat or Rabbit. Whoever is called must run to their safe zone first without the other catching them.</p> <p>Main Activity- Children to be in groups of 5 in a line, running forward, then passing the ball to the person next to them</p>	Rugby balls Bibs

			<p>who will repeat the same process, going down each child in the line.</p> <p>Cool Down- Slow movements and stretches.</p>	
Lesson 2	1 hour	WALT learn how to tag correctly.	<p>Warm up- Traffic light cones.</p> <p>Children must find a space. Red cone- Stop, Yellow cone- Walk, Green cone- Run. Hide the three cones behind back, showing one cone to the children who then follow the instruction.</p> <p>Main Activity- Sharks and Fishes. Children who are fishes must run from one side of the space to another. There will be 4 sharks in the middle trying to take their tags as the run across. Once the fishes tags are taken they become a shark.</p> <p>Cool down- Jog around the area slowing down to a walk, stretch.</p>	<p>Cones</p> <p>Tags</p>
Lesson 3	1 hour	WALT: maintain possession using passing	<p>Warm up- Children in spaces 1-Jog 2-Jump 3-Touch the floor. Shout out different numbers to get bodies warm. Add in 4-change direction later on during the game. Then stretch.</p> <p>Main Activity- In groups of six with one ball. Four attackers by against two defenders. Play in an area marked out by four cones approx. 8m x 8m. Attackers must try to keep the ball away from the defenders by passing it to each other. If a defender tags a pupil who is in possession of the ball, they switch roles with that player. Attackers are allowed to run with the ball.</p>	<p>Cones</p> <p>Tags</p> <p>Rugby Balls</p>

			Cool Down- Relaxation for 1 minute, stretch and discuss key point from lesson.	
Lesson 4	1 hour	WALT use skills to apply to a game situation.	<p>Warm up- North, South, East, West. Children must run to the corresponding cone that has been called out. Stretch encouraging children to pick the stretches.</p> <p>Main Activity- 3v3 tag. Children play three against three in an area approx. 10m x 6m. Teams score by placing the ball on their scoring line. Possession is given to the opposition once a goal is scored or if a defender tags the person in possession of the ball. Children can also intercept the ball. Players cannot tag someone taking a free pass.</p> <p>Cool Down- Slow movements and stretch discussing key skills from lesson.</p>	Rugby balls Cones Tags
Lesson 5	1 hour	WALT use skills to apply to a game situation.	<p>Warm up- Domes and Dishes. Split the class into 2. One team is domes, the other is dishes. Scatter cones all over the area you are working in both facing upwards and down. Domes must turn as many cones as the can facing down, whilst Dishes must turn as many cones as they can facing up.</p> <p>Main Activity- Sharks and fishes with a ball. Explain to children that they are not allowed to pass a ball forward in Rugby and if they have the ball they must run forward and pass the ball back to their teammate. The team must get from one end of the pitch to the other without getting caught by the sharks.</p>	Cones Rugby Balls Tags

			Cool Down- Slow movements and stretch discussing key skills from lesson.	
Lesson 6	1 hour	WALT participate in a tournament.	<p>Warm up- Choose the teams for a class tournament and assign captains. Captains choose a warm up for their team from those covered in the previous sessions and lead the rest of their group.</p> <p>Main Activity- Run a tournament giving pupils the opportunity to apply the skills which they have been learning in a competitive environment.</p> <p>Cool Down- Slow movements within teams and stretch. What could you have done better in your team? What did you do well?</p>	<p>Cones</p> <p>Rugby Balls</p> <p>Tags</p> <p>Bibs</p>