

GAMES: Rugby

Year 7 (under 12)

LESSON: 1

NUMBERS: 25+

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CHANGING TIME: 20 mins

ACTIVITY TIME: 40 mins

LEARNING OUTCOMES

KNOWLEDGE:

How to effectively handle the ball.

COMPREHENSION:

The importance of two hands on the ball.

PERFORMANCE:

Handle the ball in the air and on the ground.
Run with the ball in a modified game.

THE USE OF THIS LESSON PLAN AND THE CONTENT OF THIS LESSON PLAN IS AT YOUR OWN RISK.
The information on this Lesson Plan is presented for the purpose of educating participants on coaching and playing of various sports, and participation in various physical activities. No physical activity should be engaged in without first consulting a physician. Furthermore, Inclusive Learning Systems makes no claims about the safety or appropriateness of any information found on this Lesson Plan, nor about the results to be obtained from using this Lesson Plan or any content contained on this Lesson Plan and consequently cannot be liable for any resulting loss, damage or injury.

EQUIPMENT: 10m² grids (40x70 metres), Rugby balls, Flat cones, Rugby tag belts, Bibs, Whistle.

ASSESSMENT

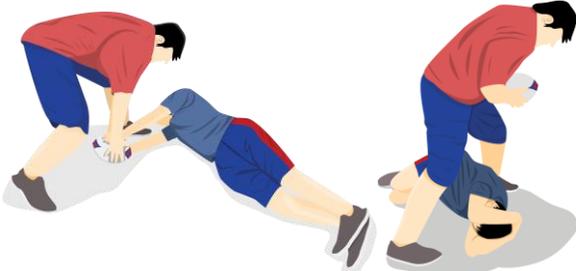
Ability to handle the ball in different situations.
Ability to run with the ball.

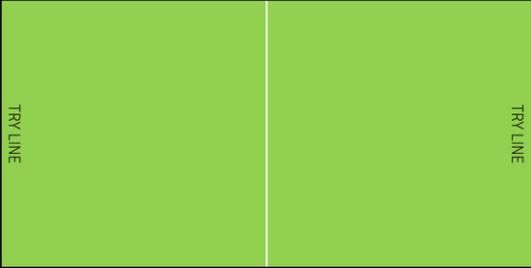
RISK ASSESSMENT

Hazard: Unintentional contact.

Control: Check boot studs - correct length, no sharp points.
Constantly inform pupils to stay aware. Stop reckless play. A fend (pushing action by ball carrier) and touch tackle must be below armpit level.

LESSON SUPPORT: *High risk, inexperienced teacher supported by experienced teacher.*

MINS	ACTIVITY	STRUCTURE	TEACHING POINTS
2	Opening: Pupils will be instructed on the learning outcomes for the lesson (front page).		
5	<p>Pupils will warm up while practicing ball handling skills.</p> <p>Truck and Trailer: Pupils will work in pairs, one ball per pair. Pupil at the front will jog with the ball while constantly changing direction, partner will shadow movement close behind. At the blow of a whistle ball carrier will lob the ball high over their head for partner to catch, at which point roles are swapped.</p>	<p>The class will work within 10x10 metre grids, weaving in and out of each other. Ten pupils approx. per 10m² grid space.</p> 	<ul style="list-style-type: none"> • In a game two hands carry the ball for more control, so a defender cannot easily dispossess the attacker and for more efficient passing. • Place both hands in the middle of the ball along the seams, fingers and thumbs mould to the shape. • Avoid touching the ball with palms of the hands. • Keep the ball away from the chest. • Feed (lob) the ball high so partner can catch easily. • Attempt to follow partner closely. • During the warmup don't move too quickly.
5	<p>Pupils will further practice ball handling skills.</p> <p>Truck and Trailer: Pupils will join into groups of four, one ball per group. Pupil at the front will jog with the ball while constantly changing direction, the group will shadow movement close behind. At the whistle ball carrier will lob the ball high over their head for the next in line to catch, then join the back of the line. New ball carrier will continue the cycle.</p>	<p>The class will work within the same 10x10 metre grids, weaving in and out of each other.</p>	<ul style="list-style-type: none"> • Keep two hands on the ball, fingers rather than palms. • Attempt to follow the person in front closely. • Feed (lob) the ball high so partner can catch easily.
5	<p>Pupils will further practice ball handling skills.</p> <p>Truck and Trailer: Pupils will work in pairs, one ball per pair. Pupil at the front will jog with the ball, partner will shadow movement close behind. At the whistle ball carrier will drop to ground and present the ball backwards. Partner steps over the ball, picks up in a strong position, then steps over or around the man and becomes the carrier. The original ball carrier gets up quickly and shadows movement to continue the cycle.</p>	<p>The class will work within the same 10x10 metre grids, weaving in and out of each other.</p>	<ul style="list-style-type: none"> • In a game the ball needs to be presented back after a tackle.  <ul style="list-style-type: none"> • Ball carrier stretches back with the ball in two hands. • Before picking up the grounded ball step over in a low position, knees bent, in a strong stance. • Step over or around the grounded player.

20	<p>Pupils will practice ball handling skills and running with the ball in a game of 'Touch Rugby'.</p> <p>Pupils will compete in a touch rugby 3vs3 competition. Short four minute games and rotate to play different teams.</p> <p>Differentiation: When able pupils can compete 4vs4.</p>	<p>Each game will be played in a 1x2 grid (10x20 metres) in a round-robin tournament. After a try, or if the ball goes into touch (out of bounds), play is restarted with the opposition from the halfway line.</p> 	<ul style="list-style-type: none"> • The ball cannot be passed forward in rugby. • One point is scored when the ball is grounded on the try line. • Two hands must be simultaneously placed on the ball carrier, on the line of the armpits or below, to 'tackle'. • Shout "Touch" when a successful tackle is made. • Ball is passed to a teammate after a tackle. • Ball is handed to opposition after three consecutive tackles. • Rugby tag belts can also be used.
3	<p>Closing: Recap main teaching points in Q&A. Ask class if they think the learning outcomes were achieved.</p>		