

Lesson no.	Subject:	Lesson description:	Year:	Group:	Ability:	Day:	Period:	Duration:	Total No.: M: F:
1	Tag Rugby	Ball Familiarisation	7/8/9						SEN:
Objectives:	To further their knowledge, knowledge, awareness and mental capacity of the basic fundamentals to Tag Rugby. To comprehend and grasp how to pass in Tag Rugby and to be able to confidently perform with accuracy, this technique. To be able to score a try and know the laws that governs this method.								
Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity, Resilience and Tactics	Maths / English / Science / Cross Curricular	Link to Theoretical PE Aspects	
Warm Up & Stretching Q & A	The pupils are to run around the edge of the 22 metre box and accurately replicate and perform different actions.	To understand and know the benefits of a warm-up prior to exercise To confidently perform with accuracy, the skills and actions within the warm-up To know why they stretch, and the benefits of stretching	Line-outs – Jump up and raise arms Pick-up – Touch floor with both hands Ruck – Fall to ground and accurately replicate and perform a roll	↑ Pupils accurately replicate and perform stretches <i>Nominate two pupils to plan and accurately replicate and perform warm up next lesson</i>	Observe pupils performances Q & A on benefits of warming up	R+ Encourage students to be a friend in order to get friends.	Science: <u>Objectives:</u> <u>Student expectations:</u> Maths: Perimeter <u>Objectives:</u> To be able to obtain the perimeter of a shape (Tag Rugby Pitch) <u>Student expectations:</u> I understand the difference in units for perimeter and area (e.g. cm and cm ²)	Students should be taught to understand and justify appropriate elements of a warm up for different sporting activities. Musculoskeletal system; Structure of the skeleton; Students performing or observing skill... Fig 8 - ...look at how the skeletal system allows movement at a joint and identify the types of joints used in this skill. Catch-ball - ...look at the shape on types of bone determine the amount of movement (short bones enable finer controlled movements/long bones enable gross movement)	
Tig game.	2 pupils are on chasing group in 10 x 10 grid. Must tag hips of opponent to tag them or grab	To further their knowledge, knowledge, awareness and mental capacity of the basic fundamentals of Tag Rugby	- Place two hands of hips of opponent - Keep within grid - Keep eyes up all times	↑ When tagged – join tiggers ↓ Increase size of grid	Observe students ☞ Assess the weak attempts	R+ Students improve the way they think (positively).	English Share issues about secondary school transition. <u>Objectives:</u> Discuss anxieties, hopes and experiences about starting secondary school. Write an advice sheet for new year 6 pupils about successfully managing the transition to secondary school PE.		
Ball awareness	Move ball around body parts (fig. Of 8, through knees)	To understand the rule of passing in Tag Rugby To be able to confidently perform with accuracy, and know how to confidently perform with accuracy, under control the basic skills	- Use both hands to move ball - Hold ball out in front at all possible times - Both hands either side of ball	↑ Tempo and number Pupils refine new skills	☑ Use baseline tests with Rugby and record scores ☞ Assess the weak attempts	R+ In pairs break down each skill			
Catch ball	Catch the ball, above head, at both sides, and behind back.	To comprehend and grasp the concept of running forwards and passing backward To comprehend and grasp how to score a try and the laws that govern this technique To be able to score a try To develop the variety of skills they use for moving with the ball To be able to outwit opponents with passing and movement skills.	- Catch and move ball with two hands - Keep eye on ball	↑ Add a bounce	☞ Assess what skills need to improve when catching the ball	R+ To be able to discriminate between 'safe' and 'unsafe' situations R+ Students show Courtesy			
Walk	Walking and catching		As above	↑ Use correct passing technique in pairs	☞ Assess the hand and eye co-ordination when performing a pass to reduce the chances of losing possession	R+ Why stay focused			
Fun Basketball Games	B'ball game – passing ball in any direction in order to get the ball to opponent's goal line. Players must score a try here to score a point		- Pass in any direction - Must catch ball with two hands - Must past ball with two hands - To able downward pressure with the ball on the floor to score	↑ Use correct passing technique ↑ If tagged then you must drop the ball	Pupils analyse tactics and strategies used	R+ Make sure your learners have time to have fun.	<u>Student expectations:</u> Class reading aloud. Discussion of issues. Learning how to give advice. Writing for a specific purpose and audience. <u>Skills:</u> Hot seating to encourage empathy. Group work and discussion. Multiple-choice. Self/peer/teacher assessed writing.		
Testing and Targets	Create 2/3 drills to work on passing and catching when mistakes arise within the games	To be able to modify and refine passing and catching skills	Give clear instructions and teaching points for passing and catching within a game / drill environment. Give praise	↑ Students look at ways of improving their catching skills with fewer errors	☞ Coaches assess attacking skills	R+ In pairs break down each skill			
Competition	In pairs, Officiate the games. Observe umpires and help with commands and signals. Pupils take it in turns to officiate and coach five point games.	To officiate the game correctly, fairly and accurately. To be able to correctly use the correct signals, comments, scoring and techniques.	Concentrate on each point and court at all times. Use the correct signals. Know the rules. Be fair and constant Score correctly. Use the correct the signals and scoring.	Focus on Focus on the rules regarding passing, catching, beating a defender, 2v1, obstruction, forward passes and laws the rules regarding scoring, service and laws	Q & A : Are mistakes minimal when officiating ☞ Identify the problems with not playing to the rules in Tag Rugby and why we need Rules in Tag Rugby	☞ Discuss the importance of sticking by the decisions made			
Cool Down:	Gentle walking along every line within half a Tag Rugby pitch	To understand why you Cool Down and do rhythmical movement after exercise	- Gentle walking speed. - Take in deep breaths - Keep upright	↑ Duration increase	Q & A on benefits of cool down	R+ Students set big goals for progress over the next academic year, R+ identify a few steps along the way to achieve goals.			
Active lifestyle & Social Guidance	Are your New Years Resolutions always health and fitness related?								
Equipment	Tag Rugby Balls, Cones, Markers, Whistle, Bibs, Stopwatch and Tags,								
Healthy Lifestyles and well being	What are the dangers of high blood pressure?								