

Brough Primary School – Curriculum Intention Plan 2023 - 2024



Subject: PE Year Group: 5/6 - Cycle B		Area of learning: Tag Rugby
Links to previous work/Remember when	Skills taught in previous years - throwing and catching in particular as well as holding a rugby ball.	
Term	Year	Key Skills to be taught
Autumn 1 2023 What the children should know at the end of this series of lessons	5/6	<p>To be able to apply the skills developed of holding the ball within a faster and competitive game.</p> <p>To be able to successfully understand and demonstrate passing a rugby ball and an effective catch.</p> <p>To be able to understand and listen to key instructions and apply teamwork and communication.</p> <p>To effectively use positive communication, leadership skills and teamworking skills to evade and eliminate team members.</p>

Vocabulary

Pocket Pass; Underarm technique; Target; Communication; Movement; Teamwork; Evasion; Tactics; Reactions.

Sequence of learning	Objectives and suggested details provided by subject leader.
1	<p>Children should learn:</p> <ul style="list-style-type: none"> To understand the correct technique of holding a rugby ball. To apply and practise holding a rugby ball and travelling effectively with a rugby ball. <p>Warm-up Stop Start Activity Children will be spread out around the area. When the coach shouts the command 'start', children are encouraged to express key movements to travel and warm up, with the coaching shouting 'stop', this will then indicate the children to stop. Elimination can be added to progress and challenge the group. Stretch I will lead a simple stretch where will cover all the important muscles around the whole body. We will then go through the importance of stretching and warming up before partaking in any exercise.</p> <p>Main Session The main skill for the session is to learn and understand the correct techniques to holding a rugby ball. Skill: Carrying and holding a Rugby Ball Activity: Relay Races Teams are split into four or five teams and a rugby ball is placed in each group. Children must demonstrate and apply</p>

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	<p>their effective technique of holding the rugby ball to the races, demonstrated by the coach. Progression of the activity is to challenge the groups with longer and difficult activities built up. Game: Rob the nest Activity: Split Into four teams and a box each is placed around the area. All the rugby balls are placed in centre and players must run out one person at a time to collect a ball and come back to their base. Once the balls have been taken from the centre the coach will shout Steal! When the coach shouts steal, one player from each team at a time can then work out and take a ball from another team and head back.</p> <p>Cool Down Shake and Stretch Pupils to jog round in a circle and shake their arms whilst moving. Then they will be asked to stop, and I will lead a simple stretch. This will be repeated with every stretch; however, the pupils will be asked to walk around instead of a jog.</p>
2	<p>Children should learn:</p> <ul style="list-style-type: none"> • To understand the correct technique of passing a rugby ball • To apply an effective catching technique when receiving a ball from someone <p>Warm-up Tig Scarecrow Select three catchers to chase all other children around the hall. When tug, children must stand with their feet together and arms wide. To be freed, another child must move underneath the outstretched arms. This is a progression from last week, with taggers holding a ball each and tagging with the ball. Stretch I will lead a simple stretch where will cover all the important muscles around the whole body. We will then go through the importance of stretching and warming up before partaking in any exercise.</p> <p>Main Session The main skills for the session is to understand and apply the correct techniques to passing and receiving a rugby ball, detailing special awareness and teamwork skills effectively. Skill: Passing and receiving a rugby ball Activity: Passing Challenges Pupils will be split up into four or five challenge lines, marked out by cones. The children will then complete the races indicated by the coach, using the effective and correct technique of passing a rugby ball. This will be passed from the hip and will travel across the body in an under-arm motion towards their team member and target. The aim is to get the ball to the end of the line to finish. Progression – Challenge the group to longer races, ensuring they must build positive communication skills and concentration to complete the activity. Game: Rugby Netball Pupils will be split into four teams, with two pitches marked out in the area. Pupils are not allowed to travel with the ball and must remain still until a ball is passed to another team member. Anyone without ball can move and locate space to receive a ball. The aim of the game is to successfully pass the ball through team members and cross the line opposite to receive a point. The defenders must intercept the ball and try to score at the opposite line to receive their points. Games will be played for 4-5 minutes and changed up.</p> <p>Cool Down</p>

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	<p>Shake and Stretch Pupils to jog round in a circle and shake their arms whilst moving. Then they will be asked to stop, and I will lead a simple stretch. This will be repeated with every stretch; however, the pupils will be asked to walk around instead of a jog.</p>
3	<p>Children should learn:</p> <ul style="list-style-type: none"> • To improve evasion techniques and understand why evasion is required in tag rugby. • To apply defending techniques to gather a tag when stopping an attacker from scoring. <p>Warm-up Mirror Game Pupils will be placed into pairs and numbered partner one and partner two. Partner one will lead first. Partner one must complete a movement on the spot with partner two copying and mirroring their actions. Pupils should be challenged on warming their partner up, linking into the requirements for the learning objective of evasion. Stretch I will lead a simple stretch where will cover all the important muscles around the whole body. We will then go through the importance of stretching and warming up before partaking in any exercise.</p> <p>Main Session The main skill for the session is to learn, understand and apply effective evasion techniques against a defender and understand why evasion is required. Skill: Evasion and Ball Control Activity: 1 v 1 Evasion Teams will be split into four groups, with two small areas set out for a 1 v 1 activity. One side will have the ball and the other side will not. Players will have a tag belt on with one tag at each side of the belt. The player with the ball must travel and evade the defender, who will try to take the ball carriers tag, which will stop them from scoring a try. Progression – Move into two teams and a bigger area for a more competitive scenario and improvements with faster movements.</p> <p>Cool Down Shake and Stretch Pupils to jog round in a circle and shake their arms whilst moving. Then they will be asked to stop, and I will lead a simple stretch. This will be repeated with every stretch; however, the pupils will be asked to walk around instead of a jog.</p>
4	<p>Children should learn:</p> <ul style="list-style-type: none"> • To understand what a 'play the ball' is in Tag Rugby. • To apply and practise an effective 'play the ball'. <p>Warm-up Shark Attack The pupils are split into three of the four boxes placed around the area, with one box of catchers in the middle box. Two or three sharks are placed in the middle and are the catchers. Players will follow instruction indicated by the coach and move from those boxes to boxes. When the coach shouts "shark attack" the sharks will come out and try to tag the players moving. If caught, they join in the middle. Defenders will be tasked with gathering tags. This is a progression from last week. Stretch I will lead a simple stretch where will cover all the important muscles around the whole body. We will then go through the importance of stretching and warming up before partaking in any exercise.</p>

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	<p>Main Session The main skill for the session is to learn, understand and practise an effective play the ball, with a clear understanding of how and when a play they play is used in tag rugby. Skill: Play the ball and ball control Activity: Play the Ball Challenge Pupils are split into teams of four or five, with one rugby ball used in each group. One player will be tasked with 'playing the ball', with someone standing behind the play the ball person and the other two or three being runners standing two or three metres to the side of the person. The player playing the ball must place the ball down on its side and place a foot on top of the ball to create a balance and the other foot being placed next to the ball. The player must gently roll the ball back to the person behind, who will pick the ball up and pass the ball to the runner who will move to the first cone and repeat a 'play the ball', with everyone else then moving down a cone to a different position. This challenge is timed for 2 – 3 minutes. Counting can be added to increase effective speed progression. Game: Play the Ball Tig A box is marked out with cones for all pupils to run and evade within. Four catchers are chosen, who will hold a rugby ball. Their job is to tig a player who is trying to evade them. If they successfully tig a player, the player with the ball must 'play the ball' to them and they will become a tagger and the other player who has played the ball will become a runner and evader. Targets can be added for the tiggers, with more or less tiggers added to increase the challenge.</p> <p>Cool Down Shake and Stretch Pupils to jog round in a circle and shake their arms whilst moving. Then they will be asked to stop, and I will lead a simple stretch. This will be repeated with every stretch; however, the pupils will be asked to walk around instead of a jog.</p>
5	<p>Children should learn:</p> <ul style="list-style-type: none"> • To improve overall team working skills and why this is effective for tag rugby. • To understand why exercise is good for fitness/health/ wellbeing. <p>Warm-up Numbers Game Pupils will be instructed to move around the area on the commands of the coach. When a number is indicated, the pupils must get their selves into that number of group and sit down. Progress and challenge the group on higher numbers and more teamworking understanding. Stretch I will lead a simple stretch where will cover all the important muscles around the whole body. We will then go through the importance of stretching and warming up before partaking in any exercise.</p> <p>Main Session The main skill for the session is to understand and highlight the use of effective teamworking and communication, and the links to tag rugby. Skill: Elimination Team Tag Activity: Defending, communication and teamworking. Using four boxes split up around the area and pupils split into four teams. Pupils will all have a tag belt on, and a colour tag indicated for each team. The aim of the game is to work effectively as a team and eliminate the other team members and teams, trying to survive in the game, as well as collect colour tags for points. Each player will</p>

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	<p>start with two tags on and if they lose their tags to the other team, they are eliminated and are sat in their box. Teams can effectively use teamwork to sacrifice a tag for a player to help and come back into the game. Pupils are encouraged to work together and communication to tactically eliminate other teams. Progression – To challenge, teams can only have one tag per person, or a leader or leaver can be added, who will only be allowed to leave the group. Tags can be taken back from other boxes too, to help restore lives.</p> <p>Cool Down Shake and Stretch Pupils to jog round in a circle and shake their arms whilst moving. Then they will be asked to stop, and I will lead a simple stretch. This will be repeated with every stretch; however, the pupils will be asked to walk around instead of a jog.</p>
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Learning Outcome/product	
To be able to apply the skills developed of holding the ball within a faster and competitive game.	
To be able to successfully understand and demonstrate passing a rugby ball and an effective catch.	
To be able to understand and listen to key instructions and apply teamwork and communication.	
To effectively use positive communication, leadership skills and teamworking skills to evade and eliminate team members.	

Assessment records	List only those children who have not achieved the expected outcomes.

End of unit assessment question