

Year 3 Tag Rugby

National Curriculum objectives

Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Learning

- Evade and tag opponents while keeping control of the rugby ball
- Pass the ball accurately and receive the ball safely including whilst on the move and in a game situation
- Apply learnt skills in a game of rugby

Equipment

- Class set of belts and tags
- Class set of cones
- Class set of rugby balls

Key Questions

What do you need to think about when you are trying to tag another player?

Which technique to avoid defenders do you think is most effective when carrying a ball?

What can you do to avoid being tagged by another player?

What do you need to think about when passing the ball while you are on the move?

Key Vocabulary

Backwards: Passing the ball behind you to a player in your team.

Ball and collision: When you are carrying the ball and collide with another player.

Collision: When one player runs into another player at speed, something to try and avoid by keeping your head up.

Evade: To avoid being tagged by getting away from another player.

Forwards: A very important rule in Rugby is that you cannot pass the ball forward.

Passing: Sending the ball backwards to another player on your team.

Passer: The person who sends the ball backwards to another player on their team.

Receiver: The person who receives the ball passed to them from another player on their team.

Rugby: A team game played with an oval ball that may be kicked, carried, and passed from hand to hand. Points are scored by grounding the ball behind the opponents' goal line (thereby scoring a try) or by kicking it between the two posts and over the crossbar of the opponents' goal.

Sidestep: A movement to evade another player that involves stepping quickly to the side to avoid being tagged.

Sideways: When passing the ball to another player in your team you can pass behind you in a sideways direction.

Speed and run: The faster you run around the play area, the harder it is to be tagged.

Tag: When a player removes a tag from another player's belt. The tagged player must replace their tag.

Try: When a player places the ball down in the opposite team's scoring area.

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down