

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: KS1 Year A– Tag Rugby

Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.

POS aims from NC:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Prior Learning (what pupils already know and can do)

- Pupils will know how attack and defend.
- Pupils will know how to run quickly and with some speed.
- Pupils will know how to use agility and speed.
- Pupils will start to be aware of space and others.
- Pupils will be able to stop, start and change direction quickly.

Long-term Learning (what pupils MUST know and remember) End Goals

Tag Rugby

- To know how to use running, jumping, and catching in isolation and how to link these skills in different ways to make actions and sequence movements.
- To know how to chase and tag another player when moving, and how to make smooth passes in different directions and have hands in ready position
- To know how to communicate to support attacking and defending
- To begin to compete safely in and play competitive/ modified games of tag rugby (knowing the basics) and apply some basic principles for attacking.

Key Vocabulary

jumping, hopping, pacing- slow/ fast, walking, jogging, running, tagging, attacking, defending, sprint, dodging, accuracy, control.

Session 1 – To be able to pass and catch the ball with some accuracy. To be able to perform some fundamental tag rugby ball handling skills.

- To know how to use running, jumping, and catching in isolation.
- To know how to link skills in different ways and link them to make actions and sequence movements.
- To know how to develop flexibility, control, and balance.
- To know how to make smooth passes and have hands in ready position.

Healthy Participation – To discuss the importance of exercise and that it keeps your heart healthy.

Vocabulary – Agility, balance, coordination, jumping, hopping, pacing- slow/ fast, walking, jogging, running, tagging, attacking, defending, sprint, dodging, accuracy, control.

Session 2 – To be able to perform an accurate rugby pass when tagged. To be able to perform basic passing and receiving and understand the rules of the pass and catch.

- To know how to chase and tag another player when moving.
- To know how to pass a ball backward or sideways with some control.
- To know how to pass a ball backwards or sideways with some control while moving.

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Healthy Participation – Discuss the importance of having regular water and drink breaks during exercise keeps us hydrated when taking part in sport.

Vocabulary –Agility, balance, coordination, jumping, hopping, pacing- slow/ fast, walking, jogging, running, tagging, attacking, defending, sprint, dodging, accuracy, control.

Session 3 – To be able to use quick footwork to try and score a try. To be able to tag another player and learn the basic principles of attacking.

- To know that the faster the ball carrier is moving the harder the TAGs are to grab.
- To know how to run forward to attack space in defence.
- Attackers to look for spaces not faces the ball must be in two hands.
- To know how to develop “quick feet” to avoid being tagged and know that a moving target is much harder to tackle.

Healthy Participation – To discuss why we warm up and cool down and the importance of making sure we do both.

Vocabulary – Agility, balance, coordination, jumping, hopping, pacing- slow/ fast, walking, jogging, running, tagging, attacking, defending, sprint, dodging, accuracy, control.

Session 4 – To be able to demonstrate numerous tag rugby skills. To be able to communicate and know how to defend the ball and stop attackers from scoring tries.

- To know how to communicate with others during physical activities.
- To know how to avoid a defender to try and score a try.
- To know how to tackle and defend.
- To look at the tags not the ball.

Healthy Participation – To discuss what muscles we use for tag rugby. Our thigh muscles, including the hamstrings and quadriceps.

Vocabulary – Agility, balance, coordination, jumping, hopping, pacing- slow/ fast, walking, jogging, running, tagging, attacking, defending, sprint, dodging, accuracy, control.

Session 5 – To be able to demonstrate some tag rugby skills. To be able to be an effective team member. To be able to work in small teams to plan how to play.

- To know how to score a try unopposed at speed.
- To know how to play and accept the rules.
- To know how to compete fairly and be gracious in victory and defeat.

Healthy Participation – Highlight the benefits of taking part in tag rugby on your long-term health. Discuss the benefits of being healthy and active. Discuss options for local tag rugby teams in the area.

Vocabulary – Agility, balance, coordination, jumping, hopping, pacing- slow/ fast, walking, jogging, running, tagging, attacking, defending, sprint, dodging, accuracy, control.

Session 6 – To be able to understand the basics of tag rugby rules. To be able to work as part of a team when competing in small, sided games.

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- To know how to begin to compete in and play competitive/ modified games and apply some basic principles for attacking.
- To know how to recognise their own success and to know how to compare their performance with previous ones.
- To know the basics of tag rugby rules.

Healthy Participation – To understand the type of fitness components that a tag rugby players need to perform at a high level.

Vocabulary – Agility, balance, coordination, jumping, hopping, pacing- slow/ fast, walking, jogging, running, tagging, attacking, defending, sprint, dodging, accuracy, control.

Future learning this content supports:

This unit will support future subjects in LKS2. Pupils will develop the ability to outwit opponents and teams using strategies and skills. Pupils will have the fundamental skills required to play competitive games. Pupils will have the ability to use core skills and understand the basic rules and roles during a game situation.

Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).