

# TAG RUGBY LESSON 1 - YEAR 3 & 4

Learning Intention: *How can you tag another player?*

Year 3:

I can tag another player when standing

I can sometimes tag another player when moving

I can tag another player when moving

Year 4:

I can sometimes tag another player when moving

I can tag another player when moving

I can tag attempt to tag a player using either hand when moving

## EQUIPMENT:

Tag belts – 1 for each child (bibs or ribbons can be used as an alternative), cones

## STARTER: Tag Belts

Children to put their own belt and tags on – belt goes around the waist; one tag on either hip (same colour if possible). Please note, if you don't have tag belts a bib can be tucked in like a tail as an alternative.

## WARM UP: Tagging

- Children stand in pairs facing one another (number themselves 1 and 2).
- Children begin jogging on the spot.
- When the teacher calls a number e.g. "1" – child number 1 pulls a tag off their partner's belt and then holds it in the air calling "tag"; they then hand this back to their partner who places it back on their belt.
- Change the movement on the spot each time, e.g. jumping, hopping, jumping jacks.
- Q & A – What should we do with our knees and arms as we tag? Bend knees and reach out with one arm to tag.



## ACTIVITY 1: Hungry Rabbits

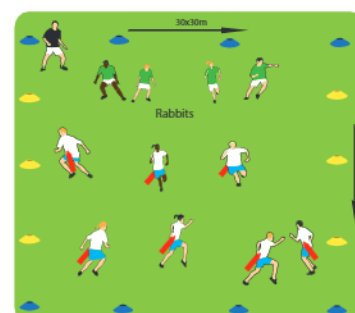
- Q & A – How do you tag another player in tag rugby? Teacher to demonstrate tagging Teaching Points.

1. All children start the game wearing their tag belts.
2. Pick a quarter of the class (wearing bibs) to start the game as the chasers (rabbits).
3. When the teacher calls "go" the chasers have 2 minutes to chase the other children and tag as many as possible (keeping count).
4. Each time a tag is made the tag must be handed back to the player – not collected.
5. After 2 minutes the game ends and each chaser reveals how many tags they made.
6. Teacher to select new chasers and play again – all children should have a turn as a chaser.

*Make it harder:* To tag using either hand.

## TEACHING POINTS: TAGGING RULES

1. Non-contact
2. Pull one tag and hold it in the air calling "tag" (will not count otherwise)
3. Hand the tag back to the player – do not throw it



## ACTIVITY 2: The Chef Game

### TEACHING POINTS: TAGGING

#### SAFELY

1. Non-contact
2. No diving – stay on two feet
3. No collisions - look where you're running

Q & A – How do we keep safe when tagging? Teacher to go through tagging safety points.

1. Set up the square area as shown in the picture.
2. Pick 1 child to start as the defender standing in the middle of the square (now the chef in the kitchen).
3. The rest of the children line up with their tag belts on and are now part of a pizza.
4. Teacher to name a quarter of the class as cheese, a quarter as ham, a quarter as pineapple and a quarter as pepperoni (or 4 pizza toppings of your choice).
5. The defender (chef) calls the name of one of the toppings e.g, “cheese and ham”: the children in these groups must now run across the square area to the opposite side without being tagged.
6. The defender (chef) must attempt to tag one of the children who are running.
7. Any children that are tagged join the chef’s team.
8. It’s up to the chef to pick which toppings to call (when more than one chef, the teacher can choose different children to make the call).
9. To progress, if the chef calls “pizza” all the children run at the same time.
10. Keep playing until last few runners remain.

Q & A – What did you do when you were a chef to help you tag a runner? Discuss as a group – bend knees when going for tag – outstretched arm – controlled hand technique when tagging.

11. Repeat game again with focus on tagging technique.

*Make it harder* To tag using either hand.

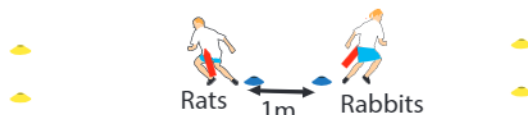


## ACTIVITY 3: Rats and Rabbits (Year 4 extension)

1. Set up the area as shown in the picture.
2. Children (wearing tag belts) work in pairs and line up standing back to back with one another next to the markers. **Safety! Leave a 1-metre gap between each pair's backs for safety.**
3. All children along one side of the line are rats; their partners on the other side of the line are rabbits.
4. The teacher calls out either “rats” or “rabbits”: when the call is “rats” the rats run in a straight line forward to their home: their partners, the rabbits, turn and chase after them and try to tag them before they can get there.
5. When “rabbits” are called the rabbits run to their home before their partners, the rats, can turn chase and tag them.
6. A point is scored for a tag or if you make it home.
7. Children must shout “tag” when they pull the tail.
8. Home lines must be an equal distance from where the rats and rabbits stand back to back so the game is fair.
9. To increase the challenge: children to jog on the spot, teacher to call “swap”, children swap places with their partner; teacher to call “jump”, children jump up, teacher to call “try”, children to bend down and place imaginary ball on floor – as if scoring a try.

*Make it easier:* Power walking.

*Make it harder* Pair up with faster children.



## COOL DOWN

Children to take off their tag belts and roll them into a ball.

## PLENARY

What did you enjoy about the lesson? How can you tag another player in tag rugby?