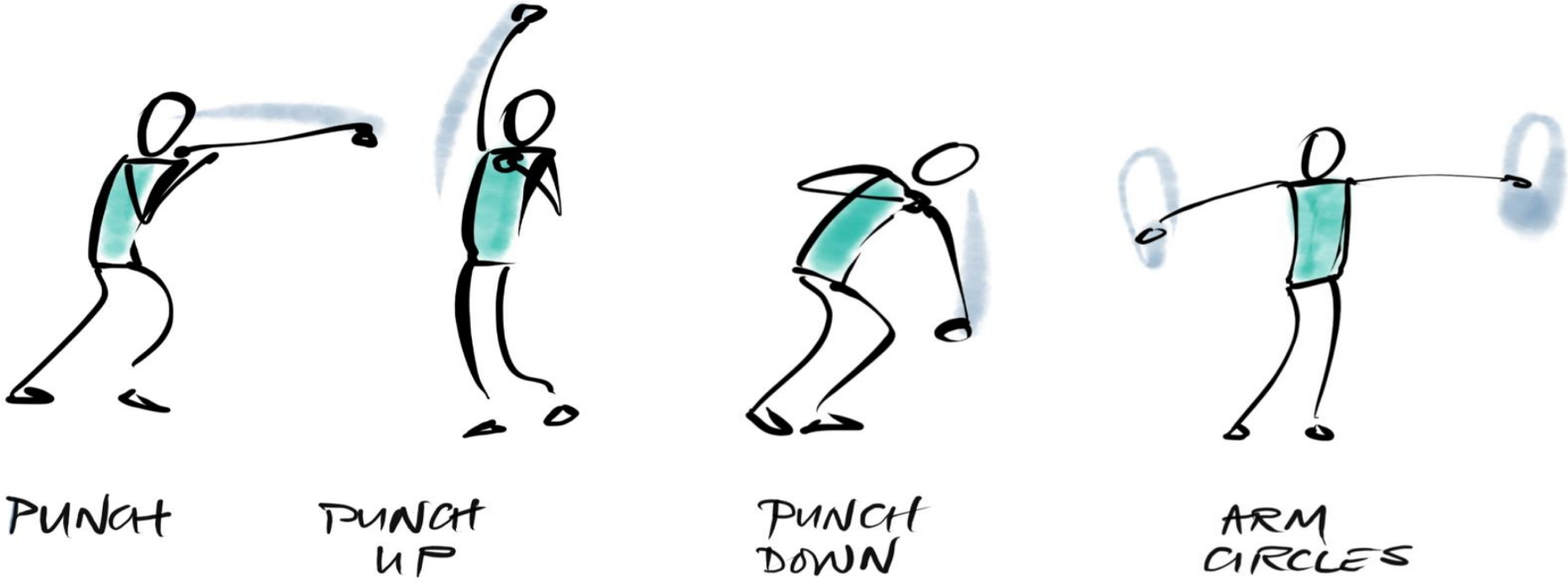
warm up // get the arms loose



how to play:

- Ask children to find a space.
- Jogging on the spot.
- Perform actions whilst jogging:
  - -Punch the air in front of them
  - -Punch the air above their heads.
  - -Punch downwards towards the floor.
  - -Ask children to stand still and perform arm circles.

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how to set up:

- Set up a grid 20 x 20 metres.
- Give each child two tags and a tag belt.
- Ask pupils to find a space inside the area.



how to play:

- Aim of the game is to steal as many tags as you can from other players in 30 seconds.
- Children keep the tags they steal and remain IN the game even if they lose both their tags.
- Count tags after 30 seconds – winner is the player with the most tags.

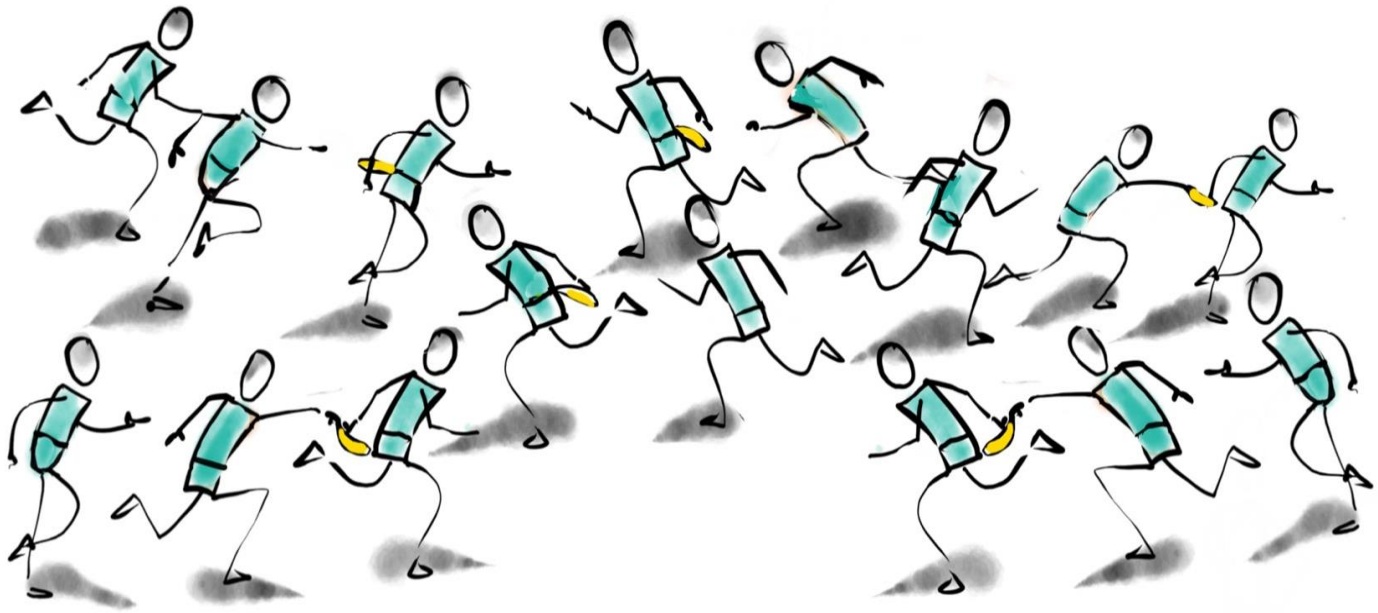
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coordination and movement // keep my tail

how to set up:

- 6 pupils need a tag belt and one tag.
- Pupils with the tag place it at the back of their belt, like a tail.
- The rest of the pupils don't need a tag.
- Ask pupils to find a space in a large area.



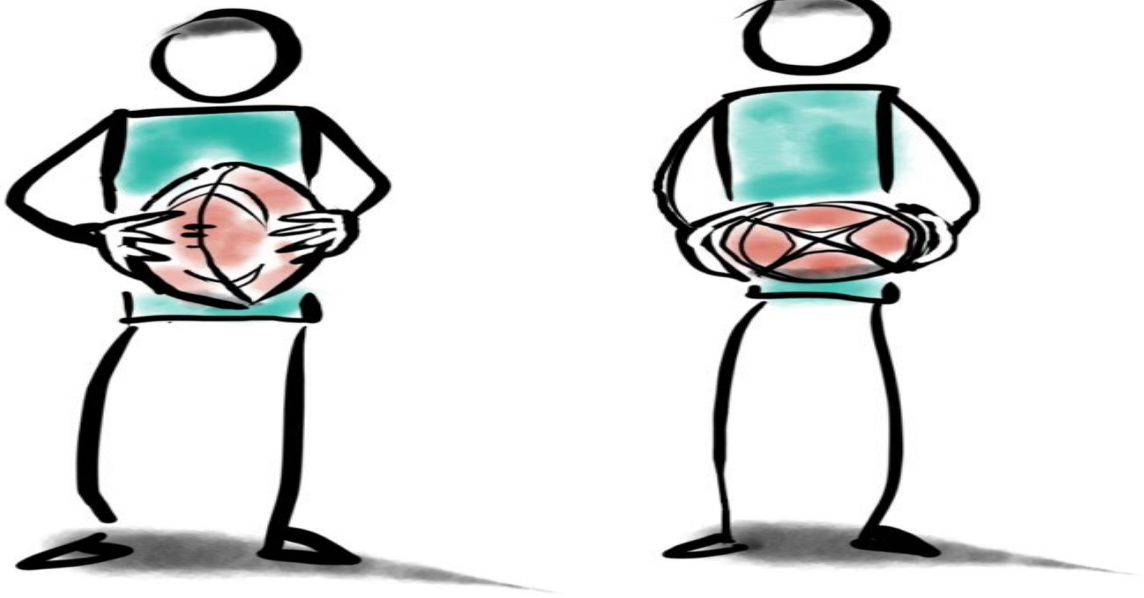
how to play:

- Children must stay inside the area and chase the players with a tail.
- If you take the tag you place it on your own belt and run.
- The winner is the player with their tail left after 30 seconds.

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skill development // ball introduction



equipment:

- Rugby ball per pair

how to play:

- Pupils need to work in pairs and have a ball between them.
- Ask pairs to find a space to work in.
- Demonstrate how to hold the ball correctly and pass the ball to a partner.
- Children to practice passing and catching the ball.
- Remind children to use two hands to throw the ball.
- Two hands to catch the ball – create a target for partner.

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game // throw and catch in pairs



how to play:

- Children to face each other in pairs with a ball between them.
- Explain can pass the ball forwards in this game – **not** in the game of tag rugby.
- Pass the ball back and forth in pairs.
- Count passes complete without dropping the ball.
- Once drop the ball pair sits down as they are out.
- Remind children that their hands should travel to their hip and finish in front of their chest.

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warm down // stuck in the mud



how to play:

- ✓ 1 Tagger – using a ball to tag players.
- ✓ Tagger to hold ball with two hands and CANNOT throw the ball.
- ✓ Once player is tagged the must stand like a scarecrow.
- ✓ Can free players by crawling through their legs OR run under players arms.

Progressions: -Add extra taggers.

-Make area smaller.

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