

Lesson 5: Game Play

	Activity	Teaching points and techniques	Evaluation and Examples
Warm up activity: 15 minutes: This final exercise will combine the all parts of the session together nicely. It also provides a fun finish to the session	Small sided game of tag with two teams. Players concentrate on running forward and working well as a team by using basic rugby skills. Tag an opponent by touching shorts with two hands. Turnover then occurs and the other team gains possession. Restart play by rolling ball	<ul style="list-style-type: none"> • Keep head to the side and make a smooth surface with shoulder • Do not roll over the head. It is important to progress by: • Start slow increasing speed with confidence and practice • Start low to the ground • In later stages introduce ball. Further activities would include: Cart wheels Hand stand to forward roll (as shown) These practices should be used initially on soft ground or on tackle shields to encourage confidence and ensure safety. To continue the development of players ensure that practice is included for both sides of the body (left and right). 	2 x Pitches (40x50) Teams of 7
End of Rugby: Game	<p>A game of touch rugby: Explain to the students the rules of rugby</p> <p>Split the students into teams of equal/close ability</p>	Use this as a chance to give advice while the students are performing the skills in a game situation.	<ul style="list-style-type: none"> • How students have progressed • How skills that have been learnt are used • That they have shown progression after watching the video
Cool down	End the lesson with a debrief on the rugby program		