

We've chosen to use the Arena PE Schemes of Work for its ease of use and the progression it shows throughout the primary phase.

Below is an example of an overview of a six-week block for Tag Rugby in years 5 and 6. Each Session will have its own lesson plan to follow, and includes challenges and teacher assessment sheets.



Activity: Tag Rugby

Year Groups: Y5/6

| Lesson Objective | Learning outcomes – Where am I in my learning? |
|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session 1 Can I throw a rugby ball whilst travelling with accuracy? | Gold- I can pass with accuracy at chest height whilst running with the ball Silver- I can pass at chest height for the receiver whilst walking. Bronze- I can throw a rugby ball with a sideways arm swing action |
| Session 2 Can I pass the ball backwards in a line of players? | Gold- I can complete a fake pass (dummy pass) before releasing the ball accurately to a teammate. Silver- I can accurately pass the ball backwards whilst travelling, passing left and right sided. Bronze- I can accurately pass the ball to a player whilst the team is moving forward. |
| Session 3 Can I select the best ways to attack and defend the opposing team? | Gold- I can make outstanding effort to help other team members. Silver- I can make sure every team member has a chance to contribute. Bronze- I can change position in response to the other team. |
| Session 4 Can I select the best ways to attack? | Gold- I can use a side-step or dodge to avoid defending players. Silver- I can put pressure on defenders by tracking and looking for space to travel into at speed. Bronze- I can run forward with the ball. |
| Session 5 Can I select the best ways to attack and defend? | Gold- I can involve teammates, running into space by change of direction, side step and looking for intercepting opportunities (reading the game) Silver- I can run with the ball at speed, dodging tackles and passing with accuracy. Bronze- I can look for passes and run forward with the ball. I can backward pass when tagged. |
| Session 6 Can I select the best ways to attack and defend? | Gold- I can involve teammates, running into space by change of direction, side step and looking for intercepting opportunities (reading the game) Silver- I can run with the ball at speed, dodging tackles and passing with accuracy. Bronze- I can look for passes and running forward with the ball. I can backward pass when tagged. |