

1 V 1 TAG

ONE STUDENT ATTACKER ATTEMPTS TO SCORE A TRY AT THE END OF THE GRID WITHOUT GETTING TAGGED BY THE STUDENT DEFENDER. THE ATTACKER CAN GET TAGGED UP TO FOUR TIMES BEFORE POSSESSION CHANGES



5 MINS

SKILLS FOCUS

TAG DEFENCE
EVASION

EQUIPMENT AND SET UP

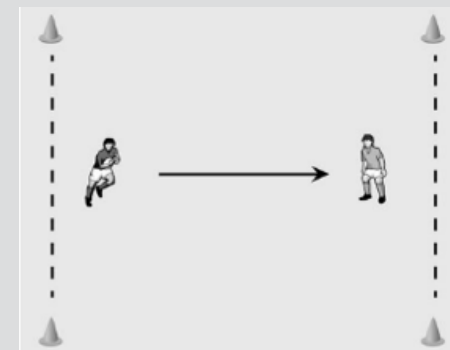
1. 4 marker cones per grid
Grid 10m x 10m
2. 1 Rugby ball per grid

AUSTRALIAN CURRICULUM LINKS

LEARNING AREA:	Health and Physical Education
STRAND:	Movement and physical activity
SUB-STRAND:	Moving our body, Learning through movement
FOCUS AREAS:	Fundamental movement skills

WHAT TO DO

1. Divide students into pairs and depending on students numbers and equipment, send one or more pairs to each grid.
2. In each pair one student is an attacker and one student is a defender.
3. The student attacker attempts to score a try from one end of the grid to the other within a four (or more) tags otherwise possession goes to the defender.
4. If an attacker is tagged they must perform a tap kick before moving forward again.
5. After making a tag, the defender has to move back 2m to an inside position before attempting to tag the attacker again



TEACHING TIPS

- The student attacker should quickly accelerate to go forward as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- The defender should track the attacker from one side to limit their attacking options

VARIATIONS

- Increase or decrease the number of tags before possession changes.
- Increase or decrease the size of the grid.
- Get attacker and defender to start on their stomachs or backs before calling "Go!".
- Add a second attacker and/or defender.

QUESTIONS FOR UNDERSTANDING

- How could the attacker create space to avoid being tagged by the defender?
- Where should the defender position themselves to have the most chance of tagging the attacker?

FAIR PLAY OPPORTUNITIES

- Acknowledge students who encourage other students to perform their best