

<b>Lesson</b> <b>6</b>	<b>Subject: RUGBY LEAGUE</b>	<b>Year: 7</b>	<b>Group:</b>	<b>Total No.:</b>	<b>M:</b>	<b>F:</b>
	<b>Lesson Description: Tackling</b> NCPE Location: 1.1a; 1.1b; 1.1c; 1.2c; 1.2d; 1.3a; 1.3b, 2.1a; 2.1b; 2.2c; 2.2 a; 2.2b; 2.2c; 2.2d; 2.3a; 2.3b; 2.4a; 2.4b; 2.4c; 2.4d; 3.b; 3.c; 3.d; 4a; 4b; 4c; 4d; 4e; 4f; 4g	<b>Ability:</b>	<b>Period:</b>	<b>SEN:</b>		
		<b>Duration:</b>	<b>w/c:</b>			

**Objectives:** To develop the students understanding, and knowledge of the correct and safe way of tackling *i.e. Cheek to cheek, Target = thigh, keeping eyes on target, arms encircle the thighs, head and body position.* To be able to clearly perform the correct techniques of both the front and side tackles in static, moving and game situations. To understand the rules and laws regarding tackling within the game. *e.g. High tackling being illegal and dangerous.*

Activity	Description / Organisation	Objectives	✓	Teaching Points	Evaluation / Performance	Differentiation and Creativity
<b>Warm Up &amp; Stretching</b>  <b>Q &amp; A</b>	- In pairs, The pupils perform shuttle runs to four distances. 10m /22m/ 10m from half way / halfway - Pupils run with a ball	To understand and know the benefits of a warm-up prior to exercise To perform the skills within the warm-up To know and understand the lines and pitch markings found.		- Run hard and efficient - Touch line with hand - Perform the skills with quality not quantity	Observe warm ups  Note number of errors	⬆ Add sit ups, press up, rolls at each line
<b>Side Tackling</b>  <b>Δ (CHEEK TO CHEEK)</b>	- Tackler kneeling – ball carrier walking - Tackler crouching – ball carrier walking - Tackler walking– ball carrier walking - Tackler walking– ball carrier jogging - Both walking	To develop the students understanding, and knowledge of the correct and safe way of tackling <i>i.e. Cheek to cheek, Target = thigh, keeping eyes on target, arms encircle the thighs, head and body position.</i> To be able to clearly perform the correct techniques of both the front and side tackles in static, moving and game situations. To understand the rules and laws regarding tackling within the game. <i>e.g. High tackling being illegal and dangerous.</i>		- Keep eyes on target (thigh) - The shoulder should make contact with the thigh - Head and neck to bottom as in front they will get knee in head - Drive with power from legs - Arms should encircle and grip the thighs - Finish with tackler on top of ball carrier	Peer evaluation sessions – Pupils state strength and weakness of Tackling performances.  Use sheets to highlight these	⬆ 1 v 1 in 10 X 10 grid trying for attacker to beat and outwit defender ⬆ Pupils perform as many side and front tackles within 30 – seconds to a minute ⬆ X Drill where tackle bags are stood up and the pupils perform two side and two front tackles ⚡ - Discuss teaching points used to beat / outwit opponents
<b>Front Tackling</b>	- Tackler kneeling – ball carrier walking - Tackler crouching – ball carrier walking - Tackler walking– ball carrier walking - Tackler walking– ball carrier jogging - Both walking	To be accurate in the tackling To develop the strength, precision, control and fluency of their tackling To perform the tackles with speed, accuracy and strength		- Keep eyes on target (thigh) - Use ball carriers momentum when tackling - The shoulder should make contact with the thigh - Tackler wraps legs up using momentum - Head and neck to side - Use the momentum to roll the player on their back - Finish with tackler on top	<b>M/C</b> - Analyse strength and weaknesses in performances	
<b>GAME</b>  5 v 5	Release the ball when tackled, but opponents cannot gain possession. ( Non-participants referee)	To incorporate the skill of tackling, attack and defence covered into small sided games. To know and understand how to perform the skills safely and correctly		- Contact allowed - Knock – ons / forward passes - No kicking - Backward passing ONLY - PTB after every tackle - Attack space - Create overlaps - Create 2 v1 at all times - Use width and space - Disguise movements, skills and dummies	Observe Games Ask pupils for feedback and analysis of tackling and performances within games	⬆ Increase area ⬆ Increase goal size and area ⬆ Decrease area ⬆ Increase number of passes before being able to score a try