WHAT TO DO
1. Organise students into teams of four attackers and four defenders and send them to a grid.
2. Students play each other in a game of VIVA7s
3. The student attackers attempt to score a try
4. Defenders try to tag the attackers
5. The attackers only have four tags before possession of the ball changes
6. Once tagged, an attacker has two options:
   a) To pass the ball to a teammate within two seconds and two steps; or
   b) To perform a “Ball Place” whereby the attacker turns towards their team and places the ball down on the ground for a team-mate to pick up and play on
7. Possession changes if the attacking team are tagged seven times, drop the ball or do a forward pass

TEACHING TIPS
- Once a student attacker is tagged, call “Tag, turn and pass” or “Ball place”
- Pass to targets and use space.
- Commit to a defender, fix, and change direction.
- When scoring a try bend at the ankles, knees and hips to place the ball with both hands

QUESTIONS FOR UNDERSTANDING
- How could attackers create space to avoid being tagged by the defender?
- Where should the defender position themselves to have the most chance of tagging one of the three attackers?

VARIATIONS
- Increase or decrease playing time.
- Increase or decrease playing field size.
- Teams must pass to every player before scoring a try

FAIR PLAY OPPORTUNITIES
- Encourage girls and boys to pass to each other.
- Discuss positive and respectful words to use when congratulating other students for their effort

AUSTRALIAN CURRICULUM LINKS
LEARNING AREA: Health and Physical Education
STRAND: Movement and physical activity
SUB-STRAND: Moving our body, Learning through movement
FOCUS AREAS: Active play and minor games, Fundamental movement skills

SKILLS
FOCUS
EVASION
CATCHING/PASSING
TAG DEFENCE

EQUIPMENT AND SET UP
1. 4 marker cones per grid - Grid 20m x 20m
2. 1 Rugby ball per grid

STUDENTS PLAY A SMALL-SIDED GAME OF TOUCH 7s
4 v 4 TOUCH 7s

GET INTO RUGBY

10 MINS