WHAT TO DO

1. Organise students into groups of five and send each group to a grid.
2. Within each group of five, get four attackers to line up on one end of the grid and the defender to stand at the opposite end of the grid.
3. The first student attacker aims to carry the ball and gain as much ground before being tagged by the defender. Getting past the 50% gain line would be a good challenge.
4. Ideally the attacker can score a try at the other end of the grid without being tagged by the defender.
5. The defender aims to tag the attacker who then stops and returns to the back of their line.
6. The activity is repeated with defenders and attackers swapping jobs.

TEACHING TIPS

- Remind students when tagging to keep their heads safely to the side or behind the attacker.
- Keep heads up to watch for other players.
- Run at the defender i.e. “fix”, then change direction and run to space
- Use fast feet

VARIATIONS

- Place a marker cone to indicate the best distance gained. Attackers can attempt to better their distance each time.
- A second attacker begins as soon as the first one is tagged and the defender must return to their start line before attempting to tag the attacker

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

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

- 10 MINS
- EVASION
- TAG DEFENCE