WHAT TO DO

1. Divide students into groups of ‘attackers’ and groups of ‘defenders’ and get them to stand opposite each other at the half-way mark of a playing grid.
2. On your signal, three students attackers each carrying a Rugby ball and one student defender run from their starting position, round the bend, then enter from opposite ends of the playing area.
3. The defender aims to tag one or more of the attackers, while the attackers aim to score a try.
4. Playing 3 v 1 ensures the attackers will have a high rate of success in scoring points.
5. Attackers can score the following points:
   - Five points if they score a try by grounding the ball on or over the try line.
   - One point if they carry the ball over the try line.
6. Swap attackers and defenders regularly to give all students a go at each job.

TEACHING TIPS

- Attackers - ‘find the space’ to run to and explore evasive skills to try and get around the defender.
- Remind student attackers to be on their feet when scoring a try. Diving is not permitted.
- Remind student defenders to position their head safely to the side of the player they are tagging.
- Remind all students to keep their heads up to watch for other players.

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 the number of student defenders e.g. two defenders v three attackers
- Only one attacker carries a ball and if tagged must pass it to one of their team mates.
- Increase the playing size to increase the chance of attackers scoring tries.

FAIR PLAY OPPORTUNITIES

- Discuss positive and respectful words to use when congratulating other students for their effort.