**TUTORIAL PLAN**

**Unit:** HPE 2203: Physical Performance Laboratory 1 **Topic:**  TOUCH Week: 1

\*\*\* Use of grids and set up of markers for efficient transitions \*\*\*

**Warm Up Activity #1**

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| STUCK IN THE MUD |
| Duration | 10-15 minutes |
| Equipment | 1 ball per 2 participants |
| Area Size | Create a grid using cones to comfortably fit all your students |
| Instructions | * Variation of chasey or ‘IT’
* Students run around within designated area, half the students have balls, other half don’t.
* 2 students are ‘IT’ and attempt to tag other students.
* When students tagged they must stop immediately and become stuck in mud with feet apart.
* To be freed from the mud a student must have a ball rolled between their legs.
* If a student with a ball is tagged they stand feet in mud with ball above head it cant be taken.
* When ball is on floor any student can pick it up.
 |
| Variation and progression  | * Pass between the 2 students – single or double
 |
| Teachable moment | Energy and enthusiasmUsing and defending space  |
| OrganisationSet up rectangle to begin with extra markers on one side ready for skill development section |  Macintosh HD:Users:mclayden:Desktop:Screen Shot 2017-03-27 at 11.49.01 AM.png |

**Warm Up Activity #2**

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| REACT & CATCH |
| Duration | 5 minutes |
| Equipment | 1 ball per 2 participants |
| Area Size | Create a grid using cones to comfortably fit all your students |
| Instructions | * Student stand with ball on their head, hands on the buttock
* Drops head forward moves hands to catch ball behind back
 |
| Variation and progression  | Catch behind back |
| Teachable moment | Focus and concentrationPeer teachingFundamental movement skills |
| Organisation: | Free Space with rectangle |

**GRID SET UP FOR CLASS**

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**Activity #1**

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| TRIANGLE PASSING |
| Duration | 5-10mins |
| Equipment | Groups of 31 ball between 3 |
| Area Size | 5m x 5m grid |
| Instructions | * Students form a triangle in grid
* Passing ball around triangle using correct technique
 |
| Variation and progression  | * Move to square
* Change of direction
* Change of length of pass
* Add competition
 |
| Teachable moment |  |
| Organisation:Use small square grid 5m x 5m | Student select gridStudent establish a triangleTeacher moves around and through grid |

**Activity #2**

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| 2 on 1 KEEPY OFF |
| Duration | 5-10mins |
| Equipment | Groups of 31 ball between 3 |
| Area Size | 5m x 5m grid |
| Instructions | * Students work in pairs to move ball around in side grid
* Keep ball away from the defender
* Change positions if pass not completed
* Correct passing technique only
 |
| Variation and progression  | ?? Tag of player with ball |
| Teachable moment | Creating SpaceDecision making |
| Organisation:Use small square grid 5m x 5m | Student select gridStudent establish a triangleTeacher moves around and through grid |

**Activity #3**

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| 2 on 1 touchdown from loop |
| Duration | 10mins |
| Equipment | Groups of 3 1 ball per group |
| Area Size | 10m x 5m |
| Instructions | * 2 offensive players, 1 defensive player (rotate)
* 2 offensive players start on end line of grid
* 1 defensive player starts in centre of grid
* Offense players objective is to score a try, they can either pass or run through depending on their decision
* Defence attempts to tag player with ball or intercept pass
 |
| Variation and progression  | Add in touch and play offside rule |
| Teachable moment | Decision makingSpacing |
| Organisation: | Use 2 vertical grids together Leave space between grids for next drill |

**Activity #4**

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| 2 on 1 touchdown from loop |
| Duration | 10mins |
| Equipment | Groups of 3 1 ball per group |
| Area Size | 10m x 5m |
| Instructions | * 2 offensive players, 1 defensive player (rotate)
* 2 offensive players start mid way on right marker
* 1 defensive player starts mid way on left marker
* Offensive players run 1 way, defensive players run opposite direction around marker at end of playing area
* Offense players objective is to score a try, they can either pass or run through depending on their decision
* Defence attempts to tag player with ball or intercept pass
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| Variation and progression  | Add in touch and play offside rule |
| Teachable moment | Decision makingSpacing |
| Organisation: | Use 2 vertical grids together Leave space between grids for safety  |

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**From (http://touchfootball.com.au/fileadmin/user\_upload/Download\_Documents/2015/Play\_for\_Life\_-\_Touch\_Football.pdf)**

**End Game**

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| Guard the Castle |
| Duration | 15-20 minutes |
| Equipment | Balls Bibs |
| Area Size | Extend grids to make 2 fieldsCan make a mirror image to cater for large class  |
| Instructions | * See above
 |
| Variation and progression  | After guard makes the touch they need to touch back line – creates space along guard line |
| Teachable moment | Making spaceAcceleration and speedAgility |
| Organisation: | Use of grids still – may need to extend or use rectangle and make a mirror image |

**Additional Notes**

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