**TUTORIAL PLAN**

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

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

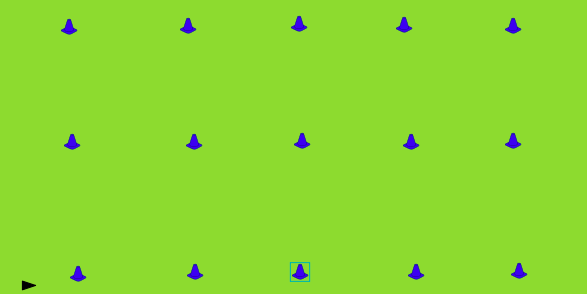
**Warm Up Activity #1**

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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 enthusiasm  Using and defending space |
| Organisation  Set 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 concentration  Peer teaching  Fundamental 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 3  1 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 grid  Student establish a triangle  Teacher moves around and through grid |

**Activity #2**

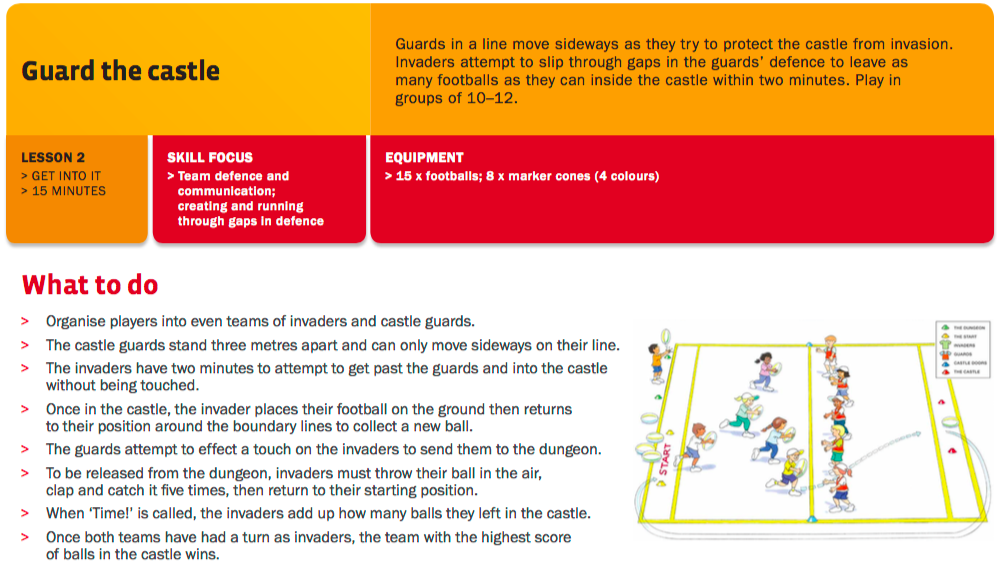
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| 2 on 1 KEEPY OFF | |
| Duration | 5-10mins |
| Equipment | Groups of 3  1 ball between 3 |
| Area Size | 5m x 5m grid |
| Instructions | * Students work in pairs to move ball around in side grid * Keep ball away from the defender * Change positions if pass not completed * Correct passing technique only |
| Variation and progression | ?? Tag of player with ball |
| Teachable moment | Creating Space  Decision making |
| Organisation:  Use small square grid 5m x 5m | Student select grid  Student establish a triangle  Teacher 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 making  Spacing |
| 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 |
| Variation and progression | Add in touch and play offside rule |
| Teachable moment | Decision making  Spacing |
| 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 fields  Can 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 space  Acceleration and speed  Agility |
| Organisation: | Use of grids still – may need to extend or use rectangle and make a mirror image |

**Additional Notes**

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