

Edward Peake Church of England Middle School



Topic: PE – Tag Rugby

Year: 5/6

NC Strand: Performing Rugby skills using a range of techniques and Tactics.

A player is offside when he/she is forward of the relevant offside line i.e. between the relevant offside line and the opposing team's dead ball line.

What should I already know?

You should know how to hold the ball in 2 hands with your fingers spread around the seam, in a W shape. Using your fingers to control the ball when passing.

You should have worked on knowing how to make a target for the ball with your hands. This requires evenly spaced fingers to create a basket in front of you, while watching the ball into your hands and bringing to your chest.

You should have been told when passing the ball it should always be passed behind you to a teammate.

You should know the importance of Speed and agility in the game to avoid tackle.

You should have basic knowledge of the rules in Tag Rugby.

What will I know by the end of the unit?

- Keep the arms and knees bent.
- Push/Pull the ball across your body from the waist.
- Keep hands either side of the ball.
- Be able to perform passes to a partner or team during game play situations with speed and accuracy.
- Can adopt different passing techniques in response to different opponent situations.
- Have an in-depth knowledge of the rules and techniques of the game.
- Have a broad vocabulary of the key words associated with Tag rugby.

Vocabulary

Forward pass	illegal pass thrown to a position ahead of the player who threw it.
Target	Being able to vary passes to different target areas
Balance	Able to apply body weight effectively to maintain body control

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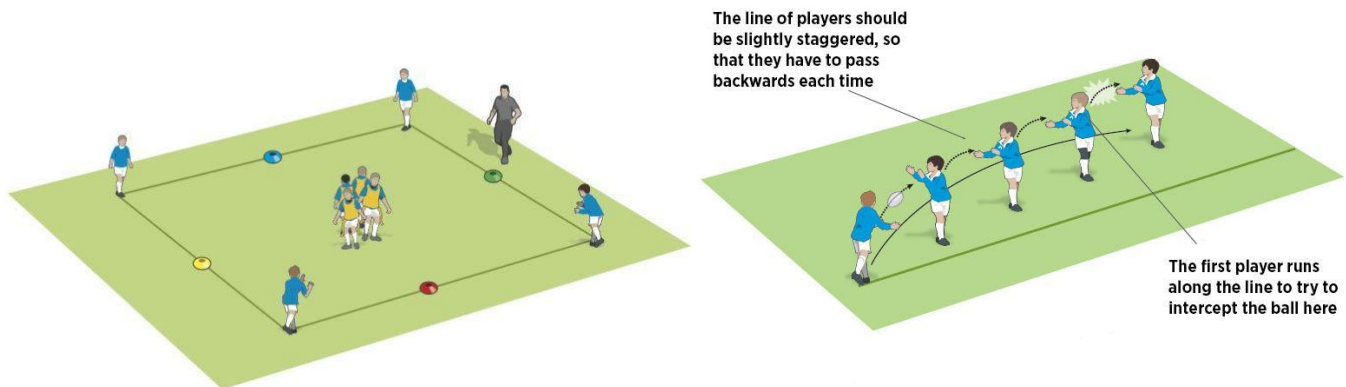
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Penalty kick	free kick awarded by the referee that can be used to kick for goal.
Hands up	Showing a partner that you are ready to receive the ball.
Speed	the rate at which someone or the ball can move to avoid tackles and interceptions.
Tackle	Stop a player from running with the ball by wrapping arms around him and bringing him to ground.
Try	Act of taking the ball over the try line and grounding it to earn five points.
Offside	A player is offside when he/she is forward of the relevant offside line i.e. between the relevant offside line and the opposing team's dead ball line.
Agility	Being able to change direction and speed while maintaining a good body balance.

Ideas Bank

Teacher Led drills



1. Players in the middle need to get their ball to the cone on the outside of the box. Players on the outside must try and grasp their tags before the ball is placed by the cone.
2. Pupils learning how to pass the ball down a staggered line to avoid being tagged and having to stop before passing.

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