

Year 5 Term 2
PHYSICAL EDUCATION
Tag Rugby



National Curriculum Links:

Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
 Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Essential Prior Learning:

Mastered basic movements including running and catching, and as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
 Participate in team games, developing simple tactics for attacking and defending.

Progression in Skill:

When running with the ball, scan the play area to identify space to move into to avoid a defender.
 Pass the ball backwards to a team mate on either side, judging the strength needed to cover the distance.
 When defending, form a line with teammates to reduce the space the player with the ball can run into.
 Intercept a pass, catching the ball with a W grip before bringing it into the body and either running or passing to a team mate.
 Tag rugby improves spatial awareness and develops agility as players are repeatedly changing speed and direction.

Know that:
 Once the ball holder's tag has been removed, they have three seconds to pass the ball to a team mate.
 If the ball leaves the field of play, the opposition restarts with a free pass from where the ball left the field.
 Chuck Aoki is a Veteran USA wheelchair rugby player. A three-time Paralympic medalist, he led his team to world silver in 2022.

Long-term Memory Knowledge:

When in possession of the ball, show an awareness of where others are on the pitch.
 Vary the strength used to throw the ball, depending on the closeness of your team mate.
 Be able to pass the ball behind on either side of your body.
 Explain why defending is most effective when forming a line with players on your team.
 Position yourself to be able to intercept a pass between two opposition team mates – demonstrate catching the ball correctly.
 Know some of the benefits of playing rugby.
 They only have three seconds to pass the ball to a team mate once they have been tagged.
 Know what happens if the ball goes 'out.'
 Name some of Chuck Aoki's achievements.

Key Vocabulary

attacking team	the team with possession of the ball in a game, who are trying to get past a defending team to score a try
backwards pass	the ball can only be passed backwards to a teammate
centre spot	the spot in the middle of the pitch where a game is (re)started
defending team	the team that does not possess the ball, who are trying to stop an attacking team from scoring
tag/tagging	the removal of one of the tags from a ball carrier's tag belt by a defender

try	the scoring system used in tag rugby
turnover	when possession of the ball changes from the attacking team to the defending team
try line	a horizontal line across the pitch near both ends
tag belt	a belt worn by each player
offside	an offence in rugby that leads to a free pass being awarded

Progression in Resources:

Rugby ball, tags

Relevance

Now	Children join a tag rugby team or club. Children develop an awareness of how to prevent the other team scoring by noticing gaps in the other teams' defence
Future	Children participate in team games in secondary school and beyond, appreciating that they can develop their personal and teamwork skills.
Aspiration	Pursue a career in professional sport as an athlete, coach, referee or strength and conditioning support. Be able to clearly explain the benefits of physical activity to their children.