



PE

Tag Rugby
Lynher Autumn 1 2023

I know how to throw and catch a rugby ball.

You need to look at where you are passing it and be ready to receive.

To get used to the shape of the ball we started just throwing and catching to each other whilst face to face. Then we went one behind the other to practise passing backwards.



We learnt how to hold a rugby ball properly and you have to pass it sideways or backwards to your partner.

I can move and dodge using side stepping.

You must run forwards with the ball to get passed your opponent

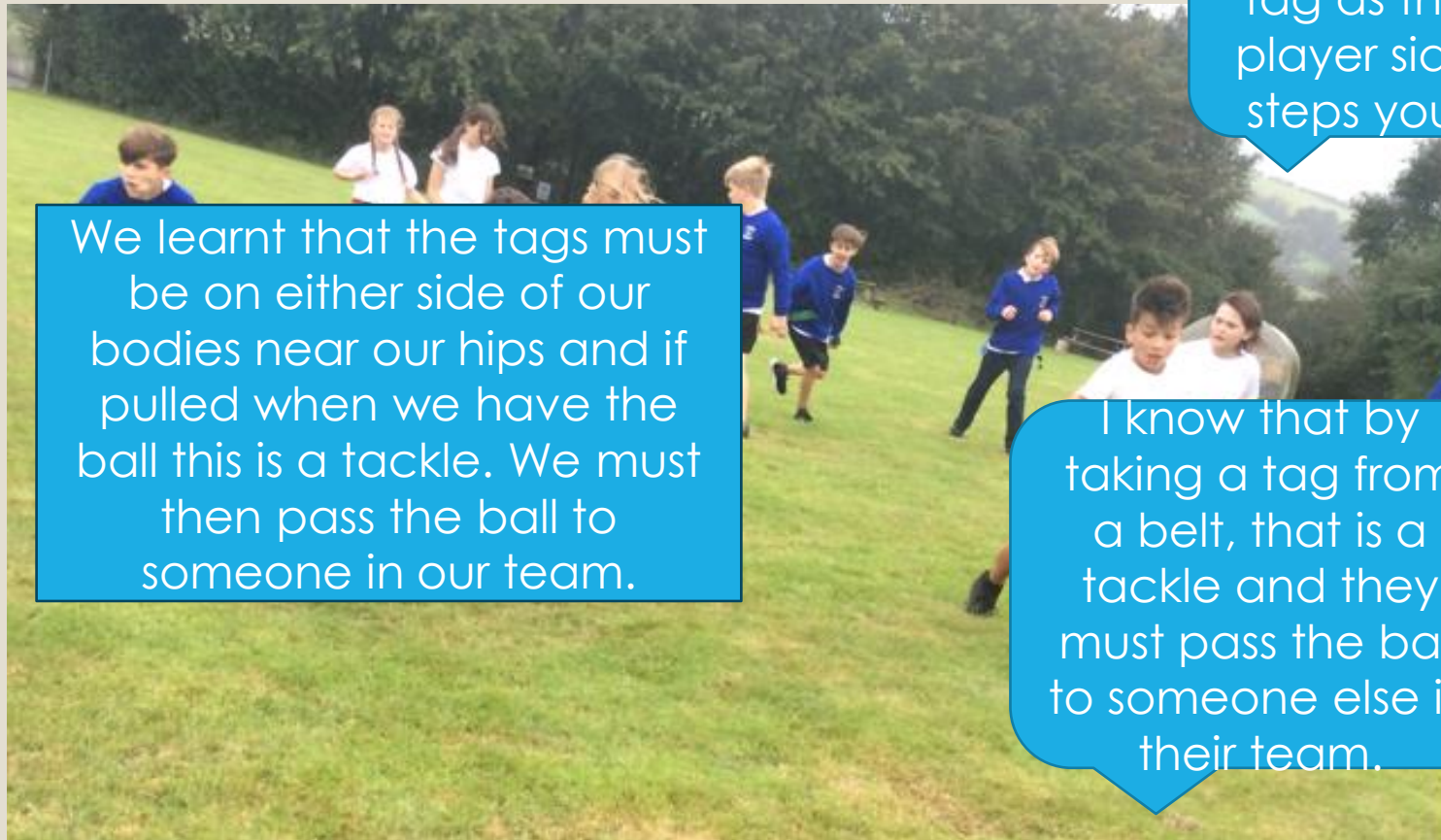


We learnt that you need to keep on the balls of your feet so you can change direction quickly.



We know to side step to trick the opponent on which direction we are going to run.

I can tag an opponent



Sometimes it is hard to tag as the player side steps you.

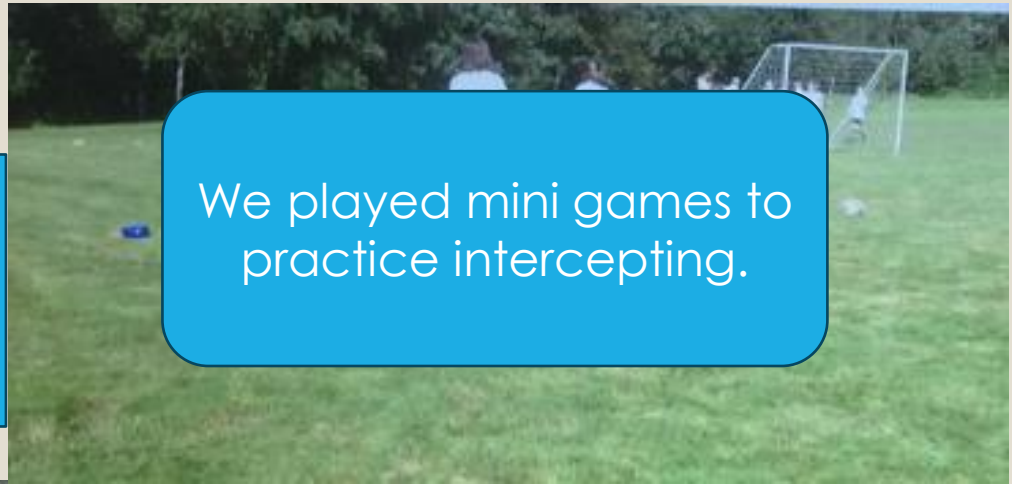
We learnt that the tags must be on either side of our bodies near our hips and if pulled when we have the ball this is a tackle. We must then pass the ball to someone in our team.

I know that by taking a tag from a belt, that is a tackle and they must pass the ball to someone else in their team.

I can intercept the ball in a game.

You need to predict where the player will pass the ball by looking at their options.

We played mini games to practice intercepting.



I was able to position myself between the player with the ball and their teammate to try and catch the ball.

I can use all my skills to play a game of tag rugby



It was hard to get a certain amount of passes in before we went for a try.

We must remember to stay onside after the player has been tagged.

We put all the skills we learnt for attacking and defending and had to make tactical decisions to try and win the game.

What I have learnt before: Team sports including badminton and hockey, coordination and stamina through athletics.



Forever Facts

To know the correct passing and receiving technique – only sideways or backwards.

Only a player with the ball can be tagged.

To score a try a player must ground the ball over the line with two hands on the ball.

Skills

To combine, vary and choose appropriate tactics

To use passing techniques with speed and accuracy

To plan different approaches to defending and attacking

Exciting Books



Our Endpoint

To effectively build up my learning to compete in a tag rugby match.

Subject Specific Vocabulary

Interception

To catching a pass made by an opposing player

Offensive

In possession of the ball

Defensive

To defend or protect your team from offensive attack

Tactical

Carefully plan an set play to advantage your team

Try

Score in rugby

Tagging

To touch another player to gain their advantage/ball

Personal Development: Creating and developing own attacking and defensive set plays and tactics. Gaining an understanding of different sports and their foundations. Following instructions and completing moves safely. Promoting fair play and good sportsmanship. The jobs it can be used in are: professional athlete, fitness instructor, sports coach or manager, sports official