

## Year 5 Tag Rugby

### National Curriculum objectives

Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.  
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Key Learning

- Evade and tag opponents running at speed, changing direction and developing control
- Pass & receive at speed in game situation
- Refine attacking and defending skills
- Develop team tactics

### Equipment

- Class set of belts and tags
- Class set of cones
- Class set of rugby balls

### Key Vocabulary

**Attack:** Movement made towards the oppositions scoring area within a game to score a try.  
**Attacker:** A player whose role is to move towards the oppositions scoring area within a game to score a try.  
**Backwards:** Passing the ball behind you to a player in your team.  
**Catch:** To grab or capture the ball in your hand.  
**Defend:** Movements made to protect your teams scoring area, preventing the opposition from scoring.  
**Defender:** A player whose role is to protect their teams scoring area and prevent the opposition from scoring.  
**Direction:** A course along which someone or something moves.  
**Evade:** To avoid being tagged by getting away from another player.  
**Forward:** A very important rule in Rugby is that you cannot pass the ball forward.  
**Jog:** Running at a steady, gentle pace.  
**Movement:** To go in a specified direction or manner across the playing field and to change position.  
**Pass:** Sending the ball backwards to another player on your team.  
**Receive:** When the ball is passed to another player and they are able to catch it.  
**Sidestep:** A movement to evade another player that involves stepping quickly to the side to avoid being tagged.

### Key Questions

What can you do to avoid being tagged by another player?

Why is it important to keep your head up during a game?

How can you work together and support other members of your team in a full game?

What are the challenges of playing a full game of Tag Rugby?

### Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down