

## Key Skills

### Body (physical)

**Throw**      **Agility**  
**Catch**      **Balance**  
**Dodge**      **Co-ordination**  
**Run**      **Jump**

### Head (cognitive)

- To make decisions in a game on my own and as a team

- Kindness  
- Determination

### Heart (Social)

- Working together  
- Listening to others



## Key Vocabulary

Forward

Safe

Team

Score

Tag

Pass

Zone

Attack

Defend

## Key Knowledge

**Tagging** - Get as close as possible to your opponent

**Holding the ball** - Hold with two hands  
- Look forward

**Hand over** - Both hands on the ball  
- Hold the ball at chest height  
- Make a smiley face shape when you hand over the ball

## Tag Rugby is an Invasion Game...

### Attack

- Aim to score a try by getting the ball over the try line/ zone.
- Create space
- Keep possession
- Move into a scoring position

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### Defend

- Try and stop the opposition from scoring (tag them)
- Protect your try line/ zone
- Try and win the ball back