

PE

Knowledge Organisers

Tag Rugby

There are two different forms of rugby...

Rugby Union

Players - 15

Methods of scoring -

Tries	- 5
Conversion	- 2
Penalties	- 3
Drop goals	- 3

Tackling - When tackled, players must release the ball but then it is legal for any player to pick it up, as long as they are on their feet and onside.

It is for that reason that rugby union players compete for balls on the ground in what are called rucks and sometimes try to keep tackled players off the ground in what are called mauls. If the ball is kicked out of play during a rugby union match, the game is restarted with a lineout rather than a scrum, with eight player scrums being reserved to resolve minor rules infringements like knock-ons.



Rugby League

Players - 13

Methods of scoring -

Tries	- 4
Conversion	- 2
Penalties	- 2
Drop goals	- 1

Tackling - In rugby league a player must place the ball between their legs after being tackled and then roll it back with their foot to a teammate, in what is sometimes colloquially known as a 'chicken scratch'. Each team is allowed to do this up to six times per possession of the ball and then must kick the ball away toward the opposition if they have failed to score a try. If the ball goes out of play after such a kick, play restarts with a six player scrum, which is also the method of restart following most minor rules infringements.



Some successful rugby players..

Rugby Union



Jonah Lomu (New Zealand)



Owen Farrell (England)



Amy Hardcastle (England)

Rugby League



Cameron Smith (Australia)

Interesting facts...

- The first rugby balls were plum-shaped because they were made of pig bladders. In the late 1800s they were slightly egg-shaped and made from rubber inner tubes. They have evolved to the oval shape of today, as oval balls are easier to catch, hold and run with.
- Rugby has only been played as an Olympic sport four times. The first time was in 1900 and the last time was in 1924.
- The very first time any national anthem was sung prior to any sports game, it was at a rugby game.

Knowledge Organiser of Vocabulary - Tag rugby.

Year 3	Year 4	Year 5	Year 6
Space Possession Close down Evading	Tag Backwards pass Sideways pass Try area	Pop pass Turnover W grip Formation	STEP principle Take the distance not the time Spaces not faces principle Transition

Year 3

Year 3 - We are learning ...

<u>Class Teacher</u>	Team building games/Orienteering	Dance Unit 1	Football	Tennis	Tag Rugby	Cricket
Head 	Use acquired skills to create maps and directions.	Describe features of dances performed by others.	Recognise the need to look forward when attacking the goal.	Keep count/ score of a game.	Explore a range of techniques to avoid being tagged.	Adhere to some basic cricket rules.
Hand 	Perform with strength, stamina and endurance in more physical tasks.	Competently include props and other ideas in their dance.	Use short passes to keep possession.	Show tennis ready position.	Perform a range of ball handling skills.	Stop a bowling ball.
Heart 	Can work with others to solve problems.	Share and create short dance phrases.	Show support, encouragement and good sportsmanship.	Play against an opponent.	Listen to others to work as an effective team.	Field as a team to return the ball to the bowler/base effectively.
<u>Mr Gunnell</u>	Tri-Golf	Boxing/Fitness	Gymnastics Unit 1	Hockey	Basketball	Sports Day Practise
Head 	Understand and explain the difference between the different shots including putting, chipping and the long game.	Identify some muscles and explain why warming up is important.	Identify similarities and differences in sequences.	Implement some hockey rules into games.	Explain why we look to 1) shoot 2) pass, and 3) dribble	Compete with others and record points.
Hand 	Handle clubs correctly and use 'tick-tock' motion effectively to play shots such as putting, chipping and the long game.	Establish an effective and balanced stance and be able to move lightly on feet.	Perform sequences with contrasting actions.	Can stop and control the ball.	Use jump ball to start a game.	Link running and jumping activities with some fluency and consistency.
Heart 	Understand and demonstrate safe practice with regards to handling Tri-Golf equipment.	Be willing to give all challenges a go to the best of ability.	Explain why strength and flexibility are important in maintaining a healthy active lifestyle.	Work as a team to score points.	Assist teammates to shoot.	Identify how to improve

PE Knowledge Organiser - Year 3 - Tag Rugby

Focus of this unit:

- Handle a rugby ball with confidence.
- Evade attackers using footwork and body control.
- Link skills to perform as a team in attack.
- Use basic game principles of tag rugby and play within simpler rules.



Explore a range of techniques to avoid being tagged.



Perform a range of ball handling skills.



Listen to others to work as an effective team.

To do this we will...

Use these skills...

- Run past defenders
- Handle a rugby ball
- Evading tags
- Understand tag protocols
- Close down attackers

Play by these rules...

- Only the ball carrier can be tagged.
- When the ball carrier is tagged, they must pass the ball within three seconds.
- Defenders must return the tag in a sportsmanlike manner.

Use these words...

space	An area which is free, available or unoccupied.
possession	To keep the ball or keep control of the ball
close down	To move towards an opposing player in order to stop him or her running with the ball or making or receiving a pass.
evading	To escape or avoid the other team by movement and trickery.

Demonstrate these skills...



Handle a rugby ball with confidence



Evade attackers using footwork



Run past defenders



Close down attackers

Year 4

Year 4 - We are learning ...

<u>Class Teacher</u>	Team building games/Orienteering	Dance Unit 1	Football	Tennis	Tag Rugby	Cricket
Head 	Plan and refine strategies to solve problems.	Demonstrate and discuss performance skills.	Sometimes make decisions on the best time to tackle.	Use defensive tactics to defend the court.	Decide on ways to improve a piece of teamplay.	With increasing consistency, choose where to direct a hit from a bowled ball.
Hand 	Use maps, symbols and compass confidently to navigate.	Perform with increasing musicality with control and confidence.	Send the ball over longer distances.	Attempt to self-feed backhand shots.	Play using passing back and sideways rules.	Track and intercept the ball along the ground sometimes collecting with 1 hand.
Heart 	Work well as part of a team or group within well role.	Work as part of a group to listen and give ideas.	Work hard in a game and recognise the effects on yourself and teammates.	Play competitively with others and against others in modified games.	Recognise how playing as part of a team can improve your communication skills.	Show fair play such as accepting if they were run out of stumped.
<u>Mr Gunnell</u>	Tri-Golf	Boxing/Fitness	Gymnastics Unit 1	Hockey	Basketball	Sports Day Practise
Head 	Keep score of own performance to share with group at end of game.	Explain what effects exercise has on the body.	Decide on ways to improve a piece of work using compositional elements and implement changes.	Decide as a team how to make things difficult for you opponent.	Explain travel violation rules.	Decide on ways to improve run, jumps and throws and implement changes.
Hand 	(Par) <u>Putting</u> : To keep 2 out of 3 putts in the tunnel <u>Chipping</u> : Land 2 out of 3 shots on 'the runway'. <u>The long game</u> : Hit 2 out of 3 shots in the air over the river.	Whilst continuing to hone footwork skills, include the jab and cross punches when sparring	Demonstrate some control when taking weight on hands.	Attempt to slap pass in isolation.	Show a triple threat position.	Throw a variety of objects demonstrating accuracy.
Heart 	Understand the need for honesty and demonstrate honesty when playing.	Demonstrate self-belief and resilience when faced with new challenges.	Adapt actions and sequences to work with partners and small groups.	Suggest ways to improve your and your team's performance.	Help someone to improve a particular skill.	Work with others to score and record distance and times accurately.

PE Knowledge Organiser - Year 4 - Tag Rugby

Focus of this unit:

- Consistently perform basic tag rugby skills.
- Implement rules and develop tactics in competitive situations.
- Increase speed and build endurance during gameplay.



Decide on ways to improve a piece of teamplay



Play using passing back and sideways rules.



Recognise how playing as part of a team can improve your communication skills.

To do this we will...

Use these skills...

- Basic passing
- Picking up and running with ball.
- Keeping possession
- Evading defenders.
- Running into space.

Play by these rules...

- Each team are trying to score a try at the opponent's end.
- Players can only be tagged while in possession of the ball.
- Passes can only be made sideways or backwards.

Use these words...

Tag	, When you touch a player on the opposing team. Once tagged they must release the ball.
Backwards pass	A pass that must be passed behind the body (ball must not be passed ahead)
Sideways pass	The ball moves sideways along the line of team players.
Try area	The area in which the ball can be placed in order to score points.

Demonstrate these skills...



Backwards pass



Sideways play



Picking up and run with ball

Year 5

Year 5 - We are learning ...

<u>Class Teacher</u>	Basketball	Dance Unit 1	Football	Tennis	Tag Rugby	Cricket
Head 	Explain the need for different tactics and attempt these in a game situation.	Confidently participate in dances from different parts of the world.	Select an appropriate conclusion to a run with the ball.	Cooperate and collaborate with others to play in a sportsman like way.	Recognise principles of defence.	Describe what 'setting a field' means.
Hand 	Able to combine basic skills such as dribbling and passing.	Refine and improve dances adapting them to include rhythm and expression.	Receive the ball and turn.	Approach the ball to return before the second bounce.	Combine skills such as running and passing.	Begin to employ specific bowling techniques such as overarm in cricket.
Heart 	Apply knowledge of personal foul in a competition setting.	Adapt a pair dance into a small group dance.	Use individual skills to keep possession.	Play with others with some flow to the game, keeping track of their own scores.	As a team maintain possession.	Show perseverance during a game and commitment to the team.

<u>Mr Gunnell</u>	Archery/Kurling		Boxing/Fitness	Gymnastics Unit 1	Hockey	Team building games/Orienteering	Sports Day Practise
Head 	Identifies and selects a dominant hand to use.	Begin to think tactically and understand games can be won by hindering opponents progress.	Explain some important safety principles when preparing for exercise.	Elects a component for improvement and use guidance from others	Apply basic defensive positions.	Communicate using code.	Distinguish between good and poor performances and suggest ways to improve self and others.
Hand 	Hold archery equipment proficiently and load arrows independently.	Use stones to knock opposing teams stones out of play	Whilst continuing to hone footwork skills, include the hook punch when sparring.	Attempt to perform more complex skills in isolation such as a round off.	Able to combine basic skills such as dribbling and passing.	Work at a high intensity for a sustained period whilst completing a task	Sustain pace over shorter and longer distances.
Heart 	Assist and support teammates with correct handling of archery equipment	Show resilience and remain graceful in defeat.	Show willingness to work to full capabilities in order to achieve a personal best.	Work responsibly in trust experiences and when counterbalancing.	Work as a team to attack and defend.	Explore and refine ways of communicating to best complete a set task	Able to run as part of a team in relay style events.

PE Knowledge Organiser - Year 5 - Tag Rugby

Focus of this unit:

- Combine basic tag rugby skills such as catching and quickly passing in one movement.
- Select and implement appropriate skills in a game situation.
- Begin to play effectively when attacking and defending.
- Increase the power of passes so the ball can be moved quickly over greater distance.



Recognise principles of defence.



Combine skills such as running and passing.



As a team maintain possession.

To do this we will...

Use these skills...

- Tagging opposition
- Running and passing accurately
- Principles of defence.
- Pop pass
- Magic diamond formation.

Play by these rules...

- If a pass is forward, possession is changed and a free pass is awarded from where the offence took place.
- If the ball is dropped forwards the opposition have a free pass from where the offence took place.

Use these words...

Pop pass	, Ball in two hands with fingers facing down. Ball should be popped up off the fingertips from waist height to about chest height.
Turn over	When the opposing team win the ball
W grip	The position of the players hands when holding the rugby ball
Formation	Selected areas players stand to start or create a set play piece.

Demonstrate these skills...



The pop pass



Powerful passes



Catch and passing in one movement



Defending skills

Year 6

Year 6 - We are learning ...

<u>Class Teacher</u>	Team building games/Orienteering	Dance Unit 1	Football	Tennis	Tag Rugby	Cricket
Head 	Use knowledge of games in PE to suggest adaptations and variations to activities.	Interpret different stimuli with imagination and flair.	Devise a drill that develops a particular skill.	Make good choices in games about the best shot to use.	Use the STEP principle to plan a warm-up.	Apply with consistency standard rules of (modified) games.
Hand 	Refine and adapt ideas in group tasks.	Use recognised dance actions and adapt to create motifs and movement patterns.	Apply correct body positioning when closing down a player to defend.	Begin to use full scoring systems.	Use speed and guility in gameplay.	Attempt to track and catch high balls in isolation and game play.
Heart 	Takes responsibility for a role in a task.	Take the lead suggesting ideas and refining actions of others.	Collaborate with a partner to implement simple defensive techniques.	Use speaking and listening skills to umpire and play with peers without dispute.	Suggest ways to improve set plays.	Work as a pair to field long balls.

<u>Mr Gunnell</u>	Archery/Kurling		Boxing/Fitness	Gymnastics Unit 1	Hockey	Basketball	Sports Day Practise
Head 	Understand basic rules and keep score of performance.	Make decisions as to when to knock opponents stones away from bull or to block opponents stone	Explain the need for regular and safe exercise.	Identifies strengths and weakness about a performance.	Choose and implement a range of strategies to attack and defend.	Implement a range of strategies to attack and defend such as restricting attackers' space.	Accurately and confidently judge across a range of athletics activities.
Hand 	Hit the board successfully 2 out of 3 times.	Work as a team to manoeuvre stones by blocking opponents stones to win the game.	Whilst continuing to hone footwork skills, include the uppercut punch when sparring.	Experience flight on and off equipment.	Shoot from close range.	Able to track and control a rebound from shot (penalty or open play)	Choose appropriate run up distance for athletic jumps.
Heart 	Offer constructive feedback to teammates and suggest ways of improving technique.	Communicate effectively as part of a team to improve team performance.	Demonstrate perseverance and determination to beat own personal best scores.	Lead group warm up demonstrating the importance of strength and flexibility.	Use and apply boundary rules such as corners, self pass and sideline.	Counterattack with team using the fast break	Use appropriate language to deliver a taught activity to their peers.

PE Knowledge Organiser - Year 6 - Tag Rugby

Focus of this unit:

- Choose and implement a range of strategies and tactics to attack and defend.
- Combine and perform more complex skills at speed.
- Observe, analyse and recognise good individual and team performances.
- Suggest, plan and lead a warm-up as a small group.



Use STEP principle to plan a warm-up (Space, Task, Equipment, People)

Use speed and agility in gameplay.

Suggest ways to improve set plays.

To do this we will...

Use these skills...

- Support players with the ball
- Set play for attacking.
- Take the distance not the time.
- Spaces not faces principle.
- Transition from attack to defence..

Play by these rules...

- When tagged, ball carrier must either stop and pass the ball within three seconds or keep moving and pass within three steps.
- If the ball leaves the field of play, the opposition will restart with a free pass from where the ball left the field.

Use these words...

STEP principle	When designing a warm up, think about how to adapt Space, Task, Equipment and People.
Take the distance not the time	Encourage players to take three steps when tagged. Ask to count the steps once they have been tagged, so they end up moving forwards.
Spaces not faces principle	Players are encouraged to run into space and avoid players to avoid contact with opposition.
Transition	A transition is the movement after a turnover of possession

Demonstrate these skills...



Take the distance not the time



Speed and agility in gameplay



Spaces not faces principle