

### About this Unit

Tag rugby is a fun game where two teams play against each other. It's called an invasion game because you try to enter the other team's space to score goals.

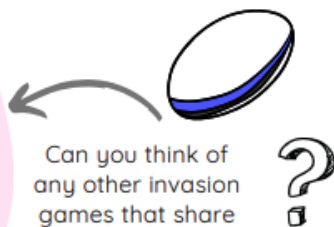
Rugby started in 1823 at a school called Rugby School. A pupil named William Webb Ellis picked up the ball while playing football and ran towards the other team's goal. This new way of playing became rugby!

In tag rugby, you wear tags on your waist that opponents try to pull off instead of tackling. It's all about teamwork, running, dodging and passing.

#### Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Rugby balls are different because they are shaped like an egg. They became oval by accident because of the rubber tubes used to make them.



Can you think of any other invasion games that share these principles?

### Key Vocabulary

**attack:** the offensive action of trying to score goals or points  
**communicate:** sharing information with others  
**control:** with good technique  
**defend:** try to limit the opposition scoring by marking a space or player to gain possession  
**dodge:** change direction quickly, often used to lose a defender or avoid being caught  
**opposition:** the other team

**pitch:** the space used for a tag rugby game  
**receiver:** the person catching the ball  
**tactics:** a plan that helps you to attack or defend  
**teamwork:** working with others to achieve  
**technique:** how you apply a skill  
**tournament:** a competition of more than two teams

### Ladder Knowledge



#### Sending & receiving:

Swing your hands to your target when throwing to help to send the ball accurately.

#### Space:

Spread out as a team to help you to move the defenders away from each other.

#### Attacking and defending:

As an attacker you need to maintain possession and score goals. As a defender you need to stop the opposition and gain possession.

### Movement Skills

- throw
- catch
- run
- change speed
- change direction

This unit will also help you to develop other important skills.

- Social** communicate, support, collaboration, respect
- Emotional** perseverance, self regulation, honesty, determination
- Thinking** make decisions, comprehension, application of rules and tactics

### Rules

#### Tagging:

- Players wear two tags, one on each side.
- Players cannot push off a defender when they are attempting to go for a tag and cannot spin around, guard or shield tags in any way.
- When tagging, stand still, hold up the tag and shout 'tag' then give the tag back. The attacker needs to pass then place the tag back on their belt before re-joining the game.

#### Forward pass:

- Forward passes are not allowed, the ball must be passed sideways or backwards.

#### Offside:

- Defending players must try to stay in front of the ball carrier.
- Onside is in front of the ball carrier, offside is behind the ball carrier.

### Tactics

Using simple tactics will help your team to achieve an outcome e.g. we will defend in a line to help us to gain possession of the ball.

### Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Tag rugby is non-contact.

If you enjoy this unit why not see if there is a tag rugby club in your local area.

How will this unit help your body?

agility, balance, co-ordination, speed, stamina



### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

#### Hats

**What you need:** a paper plate or cup per player

#### How to play:

- Players place their plate or cup on their head.
- Aim of the game is to knock the oppositions object off their head whilst keeping your own.



Who's the last one left?

[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.

@getset4education136