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| Kaizen Primary School - Knowledge Organiser |

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| **Sport focus:** | **Tag Rugby** | **Year 1** | **Cycle 1** |





**What? (Key Vocabulary)**

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| **Spelling** | **Definition/Sentence** |
| **Warm up** | Preparing our bodies for exercise, pumping blood around our bodies faster, to prevent injuries |
| **Cool down** | An easy exercise, done after exercise, to allow the body to transition to a resting |
| **Rugby ball** | An oval shaped ball used in tag rugby |
| **Tagging** | Making contact with the ball carrier or attacking player |
| **Dodging** | Changing direction quickly, avoiding contact with the opposition. |
| **Throwing** | Releasing an object from their hand, over arm/under arm aiming to land at the chosen target |
| **Catching** | The ability to track the ball with your eyes all the way into your hands securely |

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| **Diagrams and Symbols** |

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| **Possible Experiences** |

Tag

Eggs in the nest

Passing in 2s

Tag gate

**What? (Key Knowledge)**

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| Teaching Points | |
| Catching a ball with basic control. |  |
| Passing a ball in the direction of another person. |  |
| Taking part in sending and receiving activities in pairs in any direction. |  |
| Take part in basic opposed condition games that involve tagging. |  |
| Talk about exercising, safety for tag rugby and short term effects of exercise |  |
| Rules | |
| Players can run with the ball until tagged | |
| Players must remain on their feet at all times | |
| The ball must be placed on the floor to score | |
| When tagging, players must shout ‘tag’ and stand still. | |
| Questions | |
| Q. What are the benefits of carrying the ball in two hands?  A. More control, more options to pass | |
| Q. What can we do to avoid being tagged?  A. Be aware of space and gaps in working area. | |
| Q. What do we need to say when tagging someone?  A. Tag | |
| Q. What do we need to do to avoid getting tagged?  A. Dodge the defenders | |