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| PE - Knowledge Organiser |

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| **Sport focus:** | **Tag Rugby** | **Year 6** | **Autumn 2** |

**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 |
| **Agility**  | The ability to change direction quickly |
| **Footwork**  | Skills of the ball carrier to evade being tagged e.g. Pace change, side step. |
| **Turn over ball** | The possession of the ball being lost |
| **Try** | The grounding of the ball on or over the try line. |
| **Support player** | Attacking team player without the ball. |
| **Offside**  | a player is in an offside position if that player is further forward than the ball carrier  |

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| **Possible Experiences** |

Decision making

Action jack (Challenge)

Controlled games with referees

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| **Diagrams and Symbols** |

 



**What? (Key Knowledge)**

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| **Teaching Points** |
| How effectively invade space and evade opponents during a rugby based game |  |
| How to take part in conditioned games with understanding of tactics and rules |  |
| Lead an effective warm up and know the long and short term effects of exercise. |  |
| How to manage teams and lead skill practices. |  |
| How to combine accurate passing and running skills/techniques in a game. |  |
| How to advise and help others in their techniques in a game. |  |
| **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.  |
| The team with the ball have 6 tags until the possession is turned over to the other team.  |
| **Questions**  |
| Q. Why would you pass before being tagged? A.Because there is a player in a better position to make ground or to score. |
| Q. What is easier to tag – a player running at you or a player running around you?A. A player running at you, force the tagger to reach for you. |
| Q. What can the support players do without the ball?A. Scan and communicate the space options to ball carrier. |
|  Q. When is a player offside A. When a player is in front off the ball carrier |