

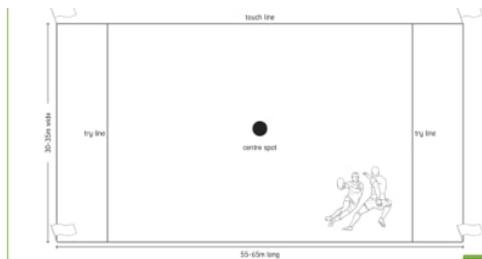


# Tag Rugby



## Key Words

- Passing** – Passes must be played level or backwards, the ball cannot travel forwards.
- Offside** – Attacking players must remain behind the ball when it is active.
- Scoring** – A try is scored when the ball is placed over the try line with both hands pushing the ball down.
- Tag** – To remove a tag of the opposition player who has the ball.
- Dodging** – Move passed the opponents with the ball.
- Handling** – 2 hands on the ball at all times.
- Pitch** – see below.



## Famous Sport Stars



Siya Kolisi

Siya Kolisi has gained popularity in rugby and stands out to be among the best skilled players in the world. He became the first black captain of the South African Springboks team and the first black player to captain a world cup winning team. That speaks volumes about how skilled he is.



Emily Scarratt

Emily Scarratt is an English rugby union player. She plays centre or fullback for Lichfield and for England. She is also a qualified teacher. Emily first played for England in 2008, scoring 12 tries in 12 games and earning comparisons to Brian O'Driscoll.

## School Games Values



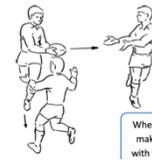
The six School Games values are: **Determination**, **Passion**, **Respect**, **Honesty**, **Self-Belief** and **Teamwork**, which were designed to reflect the 'spirit' of the School Games. We encourage all children to adopt and demonstrate the 'Spirit of the Games' in all PE lessons and sporting events we attend.

## Developing Skills



### Stance and Grip

- Keep the arms and knees bent.
- Push/pull the ball across your body from the waist.
- Keep hands either side of the ball.



### Short Pass

- Swing arms and ball across your body.
- Point arms towards target, even after pass.
- When receiving the ball, make a target with your hands.

*Think about when the right time is to pass and run with the ball!*



### Tagging

- Judge the speed and direction of opposition.
- Run alongside opponents.
- Remove tag from their waist.
- Once tagged, you must stop and replace the tag.

## Key Questions

What are the key rules you need to remember? Why are they important?

How does tag rugby make you feel physically? Why?

How does tag rugby make you feel mentally? Why?