



Tag Rugby



Key Words

Lateral Pass – A type of pass where the ball carrier will bring the ball across their body with their arms bent and release it to a supporting player who is situated to the side of them. A lateral pass travels sideways or backwards.

Try – The method of scoring in rugby where the ball must be placed with downward pressure anywhere on or over the try line.

Tag – The piece of material that is stuck with Velcro either side of a tag belt that a defending player will try and pull off to symbolise a tackle (tagging)

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.

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.



Emily Scarratt

Interesting Facts

- Rugby is said to have originated at Rugby School in Warwickshire, England, in 1823 when during a game of football, William Webb Ellis decided to pick up a ball and run with it.
- There are four different types of rugby: League, Sevens, Tag and Union

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.

The Impact of Physical Activity

- Physical activity keeps the body strong and healthy and improves mental health by decreasing depression, anxiety, pain and loneliness.
- Physical activity also improves focus, school performance, sleep and energy levels.
- Those who undertake regular physical activity enjoy improved relationships and a more positive body image.