

# Year 5 Finches

PE

Spring 2

## Swimming

and

## Tag rugby

### Ladder knowledge - Swimming

Strokes: Year 5: pulling harder through the water will enable you to travel the distance in fewer strokes and travel faster.

Breathing: Year 5: breathing every three strokes helps to balance your stroke and allows me you to practise breathing on both sides.

Water safety: Year 5: a group of people can huddle together to conserve body heat, support each other and provide a larger target for rescuers.

### Ladder Knowledge – Tag Rugby

Sending & receiving: Having a clear path between you and the ball carrier helps you to send and receive with better control.

Space: Moving to space even if you do not receive the ball will help to create space for a teammate.

### Rules of Tag Rugby

#### Tagging:

- Players wear two tags, one on each side.
- Players cannot physically 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, hold up the tag and shout 'tag...!' followed by the number tag it is e.g. 'tag two' then give the tag back. The attacker has 3 seconds to pass, then must place the tag back on their belt before re-joining the game. If the defending team make three tags in one attacking play, they gain possession. A player cannot be tagged when taking a free pass.

#### Forward pass:

- Forward passes are not allowed, the ball must be passed sideways or backwards.
- If a team uses a forward pass a free pass is given to the non-offending team.

#### Offside:

- When a tag is made, all defending players must get into an onside position. Onside is in front of the ball carrier, offside is behind the ball carrier.
- Defenders must be three big steps in front of the ball carrier after a tag has been made and are not allowed to intercept or block the pass after a tag is made.

	Key Vocabulary	Definition
SWIMMING	afloat	Floating on water.
	buoyant	When an object floats in water
	dolphin kick	Whipping motion with the legs (used for the butterfly stroke).
	endurance	Ability to keep going.
	flexed	Bent.
	Flutter kick	The direction created by weight and power.
	huddle	Position for two or more people floating in cold water waiting for rescue.
	inhale	The standard of the skill.
	streamline	Position you get in to flow through the water easily.
	synchronised	When performers complete the same action at the same time.
treading water	Survival technique used to keep head above water.	
RUGBY	ball carrier	The person in possession of the ball.
	close down	To reduce the amount of space for an opponent.
	create	To make space.
	invasion	a game with two teams who score by invading the other team's space.
	offside	When a tag is made, all defending players must get into an onside position.
	possession	When a player or team has the ball.
	situation	Circumstances that create the environment.
	sportsmanship	Play fairly, respect others and be gracious in victory and defeat.
support	To help.	

### Water Safety

1. **Stop and think, always swim in a safe place.** Swim at a lifeguard beach, organised session or supervised space.
2. **Stay together, always swim with an adult.** Never go alone.
3. **Float.** If you fall into the water unexpectedly – float on your back until you can control your breathing. Then, either call for help or swim to safety.
4. **Call 999** If any of you get into difficulty.