

Year 4 Red Kites

PE

Spring 2

Dodgeball and Tag Rugby

What Is Tag Rugby?

Tag rugby is a non-contact version of rugby, in which each player wears a special belt that has two tags attached to it. Instead of being tackled, a player carrying the ball can be 'tagged' by having a tag removed from their belt by a member of the opposition.



Tag Rugby Skills:

Tagging

To tag an opposing player with the ball:

1. Judge the speed and direction of opposition.
2. Run alongside opponents.
3. Remove tag from their waist and shout "TAG!" - then pass back the tag to the player you took it from.



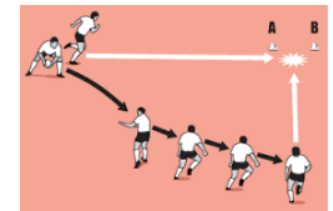
If you have been tagged you must:

- Pass the ball to a teammate within 3 steps or 3 seconds of being tagged.
- If you are within 1m of the try line you can step forward and score the try.
- You must collect your tag and replace it before.

Passing

- 2 hands around the ball to grip it correctly.
- Keep the arms and knees bent.
- Push/Pull the ball across your body from the waist.
- Keep hands either side of the ball.
- Swing arms and ball across your body.
- Point arms towards target even after pass.
- Ball must go sideways / backwards from the player passing the ball.
- Receive the ball with Target / W hands

Gripping the ball



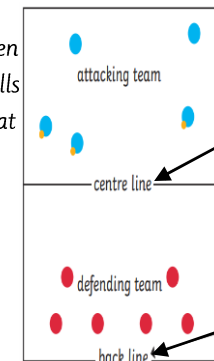
	Key Vocabulary	Definition
Dodgeball	accuracy	How close the object is to the given target.
	agility	The ability to change direction quickly.
	avoid	Keep away from or stop.
	caught out	When a player catches an opponent's ball deeming them out.
	cushion	Take to power out of an object.
	dodge	To avoid (someone or something) by a sudden quick movement.
	head shot	When the ball hits someone in the head.
	hit out	When a player is hit below the shoulders by a live ball.
	opening run	The first run to the balls after the whistle is blown to start the match.
	opposition	The other team.
Tag Rugby	overarm	Done with the hand or arm passing above the level of the shoulder.
	release	The point at which you let go of an object.
	tactic	A plan or strategy.
	accelerate	Speed up.
	delay	To slow an object or player down.
	forward pass	The ball is passed in the direction of the team's try line.
	handling	Use two hands on the ball at all times.
	intercept	To take possession of the ball away from the opposition as the ball is passed.
	marking	When a player defends an opponent.
	offside	Attacking players must be behind the ball when it is active.
	onside	When the defender is in front of the ball carrier.
	option	Possible choices.
	passing	Passes must be played level or backwards. The ball cannot travel forwards as this will result in possession being given to the other side.
	scoring	When the ball is placed over the try line with both hands pushing it down.
	tag	When a player pulls the tag of the opposition who is in possession of the ball.
tournament	A competition of more than two teams.	
track	To move your body to get in line with a ball coming towards you.	
try	The unit of scoring in rugby.	

What is dodgeball?

Dodgeball is an invasion game played between two teams. It involves the teams throwing balls at their opponents while dodging the balls that are thrown back at them. A game is won by getting more of the opposite team out.

When is a player out?

If you are hit with a ball by the opposition, without it bouncing first or if you throw the ball and it is caught by an opponent.



When attacking, throw the ball when close to the centre line.

When defending, stand close to the back line.