



Somerset Bridge Primary School  
Aspire - Brave - Care - Collaborate

## 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 under their waist and shout "TAG!" – then pass back the tag to the player you took it from.



### If you have been tagged you must:

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

### Passing

2 hands around the ball to grip it correctly.

#### To pass:

- 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 body.
- Point arms towards the target even after pass. The ball must go sideways/backwards from the passer.
- Receive the ball with hands.



### Basic principles of Tag Rugby

Tag rugby is an invasion game in which two teams play against each other.

In Tag rugby, players carry the ball with their hands.

The aim is to ground the ball in goal areas.

Teams have six plays to ground the ball.

Being tagged when in possession of the ball, ends one play.

The ball must be passed backwards or sideways to teammates.

The ball can be kicked forwards (the receiver must be behind the ball)

## PE: Tag Rugby Autumn 1: Year 3

### Key Skills

Handle and carry a rugby ball with confidence

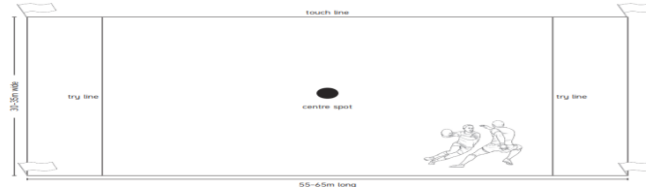
Evade attackers using footwork and body control

Link skills to perform as a team in attack

Use basic games principles of tag rugby and play within simpler rules

#### How to Set up a Tag Rugby Pitch

Below are the guidelines for the dimensions of a Tag Rugby pitch.



### Equipment

Rugby balls  
Cones  
Bibs/straps

### Basic Tag Rugby skills

- Passing the ball
- Catching the ball
- Calling for a pass
- Opening up hands to give the passer a target

## Key Vocabulary

| Key Vocabulary |  | ✓ |
|----------------|--|---|
| Evade          | To avoid being tagged.   |   |
| Passing        | To send the ball to a teammate by throwing it to them.   |   |
| Catching       | To receive and hold possession of the ball with the hands.                                       |   |
| Carry          | To move with the ball in your hands.   |   |
| Tagging        | To touch the player in possession of the ball.   |   |
| Scoring        | A try is scored when the ball is placed over the try line with both hands pushing the ball down. |   |
| Handling       | 2 hands on the ball at all times.  |   |