



Somerset Bridge Primary School  
Aspire - Brave - Care - Collaborate

## Tag Rugby Skills

### The Sidestep



The **sidestep** in rugby involves a quick change of direction and can be used to get around an opponent or to avoid being tackled.

#### Technique:

1. Keep your head up.
2. Have a low body position (knees bent).
3. Plant one foot and lean to make it look like you are going in one direction.
4. Push off using the outside of your foot and your leg muscles to move off in the other direction.

#### Skills Practice:

- Start standing a few metres away from a cone placed on the ground and try this at walking pace to begin with.
- Move towards the cone and practise sidestepping around it.
- Gradually increase your pace.
- Make sure you practise sidestepping to the left and right of the cone.



## PE: Tag Rugby Autumn 1: Year 4

### 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
- Consistently perform basic tag rugby skills
- Follow rules and develop tactics in competitive games
- Increase speed of play and game awareness

### 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

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.	
Intercepting	When a player from a defending team stops a pass being made to a member of the attacking team by catching the ball before it reaches this player.	

### 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)