



Year 4 - Development of JagTag Lesson Plan

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Lesson Objective	To develop the quarterback throwing technique in JagTag	Lesson 1/6
Equipment Needed	JagTag balls, cones, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">• Know to stand side on to the target• Have their throwing arm up and with ball behind head, elbow above shoulder• Be introduced to the mobile phone / seat belt phrase to help with throwing	
Adapted Learning (Differentiation) (Challenge)	Different size Balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).	
Warm Up	Add Up Your Points: Pupils have a ball each and are located in a large area (20m x 20m). Everyone is a tagger and holding the ball correctly. Aim is to get as many points as possible. They must tag as many people as they can = 1 point, or knock opponents ball out of their hand = 5 points. Emphasise ball security. If pupil drop the ball or it gets knocked out of their hand, they start again on 0 points. Adapted Learning = 2 grids of 10m x 10m (In first grid more able and second grid mixed ability).	
Main Activity	Recap The Throwing Technique: Pupils face each other (one ball between two) a comfortable distance in which they can throw the ball (make the distance pupil choice). Pupils are static and not travelling. Pass & Move Around The Area: Set up a large area 40m x 40m. Pupils can now pass and travel around the area, using the correct QB throw but moving, looking for space and catching the ball on the run. Adapted Learning = don't try to throw too far which means they will drop the ball. Lower ability = shorter throws. Advanced = Longer distance throw. Cross The River: Try to cross the river on the word go (End zone to end zone) without dropping the ball. If they drop the ball, they must start again. Get them to try shorter passes that are more catchable. Repeat and reinforce multiple times. Last One In The End Zone: Pupils in pairs. One QB and one runner ready to go. Whole class ready to go at the same time. The coach shouts HIKE/HUT. Runners must start to run towards the end zone, QB throws, runner catches and then advances towards the end zone to score a touchdown. Pupils score six points if they complete it. Adapted Learning = Low achievers start closer to the end zone. The Rushing Jaguar: 2v1 Introduce a defender that puts pressure on the QB. Start the defender off about 15m from the QB and Wide receiver (WR). When the QB shouts HIKE/HUT, the defender must charge towards the QB to try and block the throw. The wide receiver (WR) must run into space quickly to receive the ball from the QB. Rotate positions. Adapted Learning = Defender can stand closer or further away from the QB. The Rushing Jaguar Phase 2: 3v2 (Only if the 2v1 was developed to a higher standard). 3 Offence (QB, WR, WR) and 2 defenders. One defender must 'RUSH' the QB whilst the other attempts mark the WR. Rotate positions.	
Cooldown	Collect the balls and cones in. Recap lesson and key points.	
Key Technical Points	Stand side on (Surfing). Hold the ball diamond shape with little finger on 3rd lace and ring finger on 1st lace, ball at the side of the head (Mobile phone). Step in to their throw for power, Follow through (Seat belt). Rotate hips, Throw the ball in the shape of a rainbow. Throw the ball way before the defender attempts to block the ball (Quick reactions).	



Lesson Objective	To develop the catching technique in JagTag	Lesson 2/6
Equipment Needed	JagTag balls, cones, bibs, hoops/rulers.	
Success Criteria	Children can: <ul style="list-style-type: none">• Know when to use the low, medium or high catching technique• Watch the ball in – all the way looking at the tip of the ball• Catch the ball and secure the ball using the five points of contact	
Adapted Learning (Differentiation) (Challenge)	Different size Balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).	
Warm Up	Tic Tac Toe (Noughts & Crosses): Groups of six (3v3 everyone has a ball each). Set up each group with nine squares/hoops like a noughts and crosses board. It's a team race to put the ball in correct area of their choice on the Tic Tac Toe board. One person takes a JAGTAG ball and runs to the board (20m away). Emphasise on holding the ball correctly when running. Children continue to play Tic Tac Toe (Noughts & Crosses). Reset when they have a winner and play again.	
Main Activity	Recap On Low, Medium & High Catching: In the same 3s from the warm up (in space), throwing and catching from various distances. Emphasise on how to catch low, medium and high. A) Static. B) Moving around the area. C) QB and WR static to running position (Hike/Hut). Adapted Learning = Smaller shaped balls/softer balls for lower ability children. Power Relays: Teams of six create a line across the pitch (End zone to end zone). They must get the ball from one side to the other. A) Low passes only. B) High passes only. C) Medium Passes only. D) Mixture of passes. E) You can include scoring the touchdown but then running back to the start with the ball and continue. Adapted Learning = Shorter or longer passes, longer distance to travel and score the touch down. Across The River: A small sided tennis like game (4 v 4) on a 10m x 15m coned out area. Create a river of cones across the area that nobody is allowed to step in (5m in diameter). The aim of the game is to throw the ball across the river (high, low, medium levels). If the ball hits the floor, then your team wins a point. The opposite team need to catch the ball before it hits the floor to stop them scoring. Emphasise pupils to mix the types of throws (High, Low, Medium). Adapted Learning = Smaller area for lower ability, larger area for higher. Similar ability should compete against each other. Create a wider or thinner river for throwing over.	
Cooldown	Collect the balls and cones in. Recap lesson and key points.	
Key Technical Points	<ul style="list-style-type: none">• High catch: Thumb and fingers together to create a diamond above the head• Low catch: Little fingers together to create a rake/spiders web• Medium Catch: Thumbs in front of chest to create a W shape• On your toes ready to receive the ball and decide if its going to be a high, medium or low catch	



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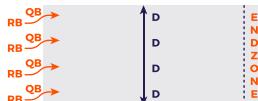
Lesson Objective	To develop the technique of handing off the ball in JagTag	Lesson 3/6
Equipment Needed	JagTag balls, cones, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">Know that the QB turns and faces the running backExtend their arms with hands on both sides of the ballKnow to place ball firmly in RB stomach as they are moving towards them	
Adapted Learning (Differentiation) (Challenge)	Different size Balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).	
Warm Up	Tic Tac Toe (Throw, Catch, Run Version): <p>Run/throw/catch/place ball on the Tic Tac Toe board. Groups of six (3v3 everyone has a ball each). Set up each group with nine squares/hoops like a noughts and crosses board. It's a team race to put the ball in correct area of their choice on the Tic Tac Toe board. One person without a JagTag ball and runs towards the board (20m away). A JagTag ball is thrown to them whilst they are running. They must catch it. If they catch it they can continue with their run to place it on the Tic Tac Toe board. If they drop it, they must start their go again. If all three balls have been put down and no one has won, you can move one of your own balls on the game board. Emphasis on throwing and catching. Children continue to play Tic Tac Toe (Noughts and Crosses). Reset when they have a winner and play again.</p>	
Main Activity	Introduce The Handoff (Running Play): <p>In pairs (one ball between two), pupils practice how to perform the hand off in a running play. The QB (when they shout hike), turns and faces the running back (RB). The running back has started far back behind the QB and is moving in a forward direction and running on to the ball. Extend the arms with hands on both sides of the ball. Place the ball into the stomach firmly. As this is done, keep pushing with the outside hand but move the body hand out of the way first. This should be started off slow and progressively performed faster.</p> <ul style="list-style-type: none">A) Pairs – practice walking (Right side and Left side)B) Pairs – practice jogging (Right side and Left side)C) Pairs – practice fast running (Right side and Left side)D) Races on the command of the coach (Coach shouts Hike/Hut), first person in the opposite end zone Beat The Linebacker: <p>2v1 Handoff. Set up a 10m x 5m area per group of three people. Two players are offensive players (QB and the RB) and the defender is the line backer. The line backer starts at one end of the grid whilst the QB and RB start at the other end. When the QB shouts hike/hut and performs a handoff, the line backer has to try and tag the RB before they score a touch down. Players should rotate positions to experience all positions. Adapted Learning = Larger area for lower ability, smaller area for more abled.</p>	
Cooldown	Collect the balls and cones in. Recap lesson and key points.	
Key Technical Points	Extend the arms with hands on both sides of the ball. Place the ball into the stomach firmly. As this is done, keep pushing with the outside hand but move the body hand out of the way first.	



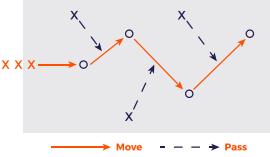
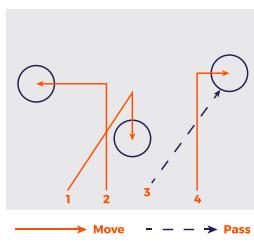


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Lesson Objective	To develop the technique of receiving a handoff in JagTag	Lesson 4/6
Equipment Needed	JagTag balls, cones, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">Know that the Running back (RB) receives the ballKeep their inside elbow up, outside elbow down, receive the ball and tuck into their ribsKnow how to secure the ball using the 5 points of contact	
Adapted Learning (Differentiation) (Challenge)	Different size Balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Teamwork).	
Warm Up	Free The Scarecrow Tag: <p>Everyone has a ball. Everyone must hold the ball with one hand like when running with the ball. There are 4/5 chasers wearing bibs. If they touch you with the ball, you have to stand still as though you are a scarecrow with legs open. To get back in the game, other players have to roll their ball slowly through your legs and pick the ball up on the other side. No guarding is allowed. Rotate chasers. Try to emphasise running with the ball like we did in previous lessons.</p>	
Main Activity	Handoff Recap: <p>Pupils in pairs to practice what they did last week. Extend the arms with hands on both sides of the ball. Place the ball into the stomach firmly. As this is done, keep pushing with the outside hand but move the body hand out of the way first.</p> Introduce The Handoff Receive: <p>In the same pairs, pupils keep their inside elbow up, outside elbow down, receive the ball and tuck into their ribs. Once the ball has been received, ball security with the 5 points of contact. Emphasis is on the RB receiving the ball.</p>  <p>Perform a handoff and try to get passed the defender.</p> <p>Handoff Bull Dog: 40m x 20m (2 pitches), 15 pupils per pitch. For each game QB x5, RB x5, Defender x5. The aim of the game is for the running backs to receive the ball via a handoff and then try and get past the defenders to the end zone. If they get to the end zone, they score 6 points. If they get tagged, they have to give the JAG TAG ball to the defender. They now become the defender. QB and RB rotate positions each time. Adapted Learning = Less defenders, smaller pitch, all defenders defend for a certain amount of time then rotate.</p>	
Cooldown	Collect the balls and cones in. Recap lesson and key points.	
Key Technical Points	Keep their inside elbow up, outside elbow down, receive the ball and tuck into their ribs. 5 points of contact for ball security, once the ball is secure you have the freedom to run anywhere.	



Lesson Objective	To develop the basic route running in JagTag	Lesson 5/6
Equipment Needed	JagTag balls, cones, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">• Know when they are allowed to start the route• Run different types of routes• Run the comeback, curl, in and out routes	
Adapted Learning (Differentiation) (Challenge)	Different size Balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).	
Warm Up	Tic Tac Jags: 3-5 Players on each team, Players must race to place their coloured cone on a free cone to make three in a row. Players on their team must take their turn one at a time and must run back and tag the next player in order for them to run and place a cone on a free cone.	
Main Activity	Receiver Gauntlet: Players in ORANGE run the gauntlet, players in BLUE throw the football. Players in ORANGE must run to each cone and catch the football between the cones as shown. Once the receivers (ORANGE players) caught the football, they must secure the football before releasing the football prior to getting to the next cone. A point is claimed for each football caught and secured. QB's (BLUE players) must retrieve the football after the receiver has placed the football down. Once all the ORANGE players have been, BLUE players switch position with the ORANGE players. 	
	Route Running: Prior to play, receivers must liaise with the QB to see who will go to which box. On the call of the QB, receivers must get to their box, the QB can only throw the ball when a receiver is in the box. Defence, on the QB's call, rushes out of their line and defend the pass, only one defence may rush the QB. QB cannot cross the line. Receiver can only claim a point if they catch the ball and secured whilst in the box. 	
	Calling Routes: Same set up as above, without the hoops and add two defenders. QB calls the routes and the receivers run them. Defending team tries to stop them by pulling their flags once the receiver has the ball, or they can intercept. Change roles after five turns.	
Cooldown	Collect the balls and cones in. Recap lesson and key points.	
Key Technical Points	Throwing: <ul style="list-style-type: none">• Side to target / Arm up and back (Ball behind head, elbow above shoulder)• Step towards target – rotate hips – follow through and across	Catching (Medium & High): <ul style="list-style-type: none">• Make a diamond (Thumbs together, index fingers together)• Diamond out and away from the body• Watch the ball in – all the way looking at the tip of the ball



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Lesson Objective	To develop the basic offense vs defence games in JagTag	Lesson 6/6
Equipment Needed	JagTag balls, cones, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">Run different types of routes and find space to receive the ballKnow they have four 'downs' to progress the ball forwardKnow each role on the field - QB and WR	
Adapted Learning (Differentiation) (Challenge)	Different size Balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).	
Warm Up	Snap, Catch & Throw: Children get into groups four (1 QB, 1 centre, 1 wide receiver and 1 running back). The QB should stand about 3-4 big steps behind the centre. On the QB command "Down, set, hut!", The centre hands the ball to the QB. Who throws the ball to the WR who is running into the space. Children rotate roles.	
Main Activity	Route Running: Prior to play, receivers must liaise with the QB to see who will go to which box. On the call of the QB, receivers must get to their box, the QB can only throw the ball when a receiver is in the box. Defence, on the QB's call, rushes out of their line and defend the pass, only one defence may rush the QB. QB cannot cross the line. Receiver can only claim a point if they catch the ball and secured whilst in the box. 4v4 Matches: Children stay in their teams from the Route Running and play against a similar ability team. Children take it in turns being the QB and calling the routes. Rules: <ul style="list-style-type: none">4 Downs to get the ball past the $\frac{1}{2}$ way line, if successful a further 4 downs to score a touchdownIf the pass is dropped, then play next down from same placeIf pass is caught, or ball is run. Play until receiver is 'tagged'. Next down is from the place of the 'tagging'If the play goes out of play, that uses a down, and play is restart in-line from where the ball went out in the centre of the field	
Cooldown	Collect the balls and cones in. Recap lesson and key points.	
Key Technical Points	<ul style="list-style-type: none">All passes must be forward and received beyond the line of scrimmageThe quarterback has seven-second pass clock to get rid of the ball	