

### Lesson Objective

To introduce the 'Centre' and the technique of the 'snap'.

Lesson 1/6

### Equipment Needed

JagTag balls, cones, bibs, tag belts.

### Success Criteria

Children can:

- Understand the role of the Centre
- Stand over the ball with feet slightly wider than shoulder width apart and sit down into a squat position
- Look behind to see the QB (the target)
- Know that on the QB's command, they swing the ball up and between their legs in a fast continuous motion keeping arms straight and release the ball to the QB

### 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

Fire & Ice:

Pupils have a ball each apart from the chasers. The chasers carry a blue cone (try to freeze the runners). When they get tagged, they freeze in a scarecrow pose. One person carries a red cone (Fire) to melt the ice and free the people that are caught. Play a few games to allow for others to try different roles. **Adapted Learning = more or less blue/red cones (Decided on the ability of the group).**

### 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.



Introduce The Snap:

Centre position explained, feet apart, squat position, just in front of the QB, QB's command Hike/Hut, swing the ball up between the legs in a fast continuous motion, arms straight, release the ball. In the same pairs as earlier, they practice the snap in a static position ensuring both get a chance to demonstrate.

Snap & Run:

In the same pair, the centre SNAPS the ball to the QB but then proceeds to run forwards. The QB throws the ball to the runner. The runner must catch the ball and score in the end zone. **Adapted Learning = Low achievers throw shorter / Higher achievers throw longer.**

Snap, Run, Stop:

(Pupils in 4s) One QB/one centre, two wide receivers. Snap is performed, ball is thrown to one of the WR. When they catch the ball, they must stop and set up another snap. Continue this process up the small playing area ensuring that everyone gets a chance to perform each role. Finish scoring in the end zone. **Adapted Learning = Have one defender pressurising the QB, so the Centre has to protect the QB (Advanced).**

### Cooldown

Collect the balls and cones in. Recap lesson and key points.

### Key Technical Points

Feet apart, squat position, just in front of the QB, QB's command Hike/Hut, swing the ball up between the legs in a fast continuous motion, arms straight, release the ball.

**Lesson Objective** To develop the QB throw once received from a Centre. **Lesson 2/6**

**Equipment Needed** JagTag balls, cones, bibs.

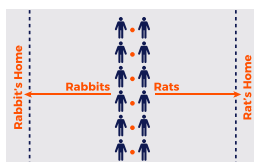
**Success Criteria** Children can:

- Know how they need to stand side on and to step towards the target as they rotate their hips
- Vary the distance/height of their throw

**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



#### Rats & Rabbits:

Pupils are in pairs and each holding a ball correctly. One is a Rabbit, one is a Rat. If the teacher shouts 'Rats', the rats have to get home before the rabbits tag them (Running fast with the ball). If the teacher shouts 'Rabbits', the rabbits have to get home before the rats tag them. If the runner gets home without getting tagged, they win a point. If the tagger tags their partner they win the point. Rotate partners that are winning. **Adapted Learning = Pupils partner up with similar ability/running speed.**

### Main Activity

#### Recap On The Snap:

In the same pair, the centre SNAPS the ball to the QB but then proceeds to run forwards. The QB throws the ball to the runner. The runner must catch the ball and score in the end zone. **Adapted Learning = Low achievers throw shorter / Higher achievers throw longer.**

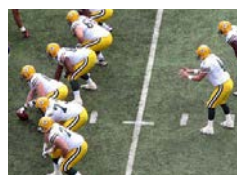
#### Snap Over Various Distances:

In pairs, SNAP to QB, turn and SNAP back. Continue for:

Close = Pistol

2 metres away = Shotgun

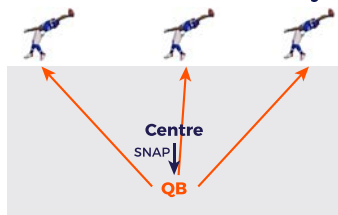
5 metres away = Sniper.



**Adapted Learning = Shorter or longer SNAPS.**

#### Accuracy Throwing Off A Snap:

Groups of five. Emphasis on the QB catching the ball and making the accurate throw three snaps, three attempts to hit the target (pupils in their group). Rotate positions around. **Adapted Learning = Smaller area for lower ability, larger area for higher. Mix up the pistol, shotgun, sniper.**



### Cooldown

Collect the balls and cones in. Recap lesson and key points.

### Key Technical Points

Sideways on, mobile phone, rotate hips, throw like a rainbow.

<b>Lesson Objective</b>	To stop the offence gain yards by pulling their flags.	<b>Lesson 3/6</b>
<b>Equipment Needed</b>	JagTag balls, cones, bibs, tag belts.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>Know that they have to pull the flag of the receiver who gains possession of the ball.</li> <li>Know to pull the flag they have to have their eyes on the hips, stay low, stay square and reach for the hips</li> </ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	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.	
<b>Cross Curricular Links</b>	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).	
<b>Warm Up</b>	<p><b>Netball QB:</b></p> <p>Two teams, stuck in the mud throwing and catching. Run/ throw/catch to try and get the ball to the end zone (No running). Groups of 8 (4v4). Set up grids of 30m x 15m.</p>	
<b>Main Activity</b>	<p><b>Recap Snap Over Various Distances:</b></p> <p>In pairs, SNAP to QB, turn and SNAP back. Continue for Close = Pistol. 2 metres away = Shotgun. 5 metres away = Sniper. <b>Adapted Learning = Shorter or longer SNAPS.</b></p> <p><b>Jaguar Chase:</b></p> <p>In an area of 30m x 30m, a group of 15 (4 of the 15 are chasers), they must steal as many tags as possible. After 60 seconds, change the chasers. <b>Adapted Learning = Larger area for lower ability, smaller area for more abled.</b></p> <p><b>Jaguar vs Jaguar:</b></p> <p>In 3s, the QB shouts hike, the WR sets off but is being chased by a defender, QB throws to the WR. When the WR catches the ball, the defender attempts to pull the tag.</p> <div data-bbox="437 1415 841 1547" data-label="Image"> </div> <p><b>Tagging Of A Snap &amp; Handoff:</b></p> <p>In groups of four (centre, QB, RB and a defender), a snap must be performed followed by a handoff to the RB. The RB must then try and get past the defender without losing the tag (Remember to emphasise on the tagging). Rotate positions. <b>Adapted Learning = smaller or larger area dependant on ability.</b></p> <div data-bbox="437 1724 807 1879" data-label="Diagram"> </div>	
<b>Cooldown</b>	Collect the balls and cones in. Recap lesson and key points.	
<b>Key Technical Points</b>	Eyes on the hips, stay low, stay square and reach for the tag.	

<b>Lesson Objective</b>	To use plays involving the running back receiving a handoff	<b>Lesson 4/6</b>
<b>Equipment Needed</b>	JagTag balls, cones, bibs, tag belts.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>• Know how to receive the ball off the QB</li> <li>• Know to keep their inside elbow up, outside elbow down, receive ball and tuck into ribs to secure the football using the 5 Points of Contact</li> <li>• Know that running back starts back behind the line of scrimmage in line with the QB</li> </ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	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.	
<b>Cross Curricular Links</b>	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).	
<b>Warm Up</b>	<p><b>Add Up Your Points:</b></p> <p>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.</p> <p><b>Adapted Learning = 2 grids of 10m x 10m (In first grid more able and second grid mixed ability).</b></p>	
<b>Main Activity</b>	<p><b>Recap The Handoff Receive:</b></p> <p>In groups of four with tags. 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. SNAP, QB, HANDOFF TO RB. A) No defender. B) With one defender that attempts to pull tag.</p> <p><b>Introduce The Dummy Handoff Receive:</b></p> <p>As above but the QB goes to give the handoff but pulls the ball away from the RB. The RB continues their run and a throw is given by the QB to the RB instead. SNAP, QB, DUMMY HANDOFF, THROW: A) No defender. B) With one defender that attempts to pull tag and stop them.</p> <div data-bbox="151 1512 406 1612">  </div> <p>Perform a handoff or a throw, and try to get past the LB. 4 downs.</p> <p><b>3v1:</b></p> <p>40m x 20m (multiple pitches). For each game they have 4 DOWNS to score in the endzone. The aim of the game is for the running backs to receive the ball via a handoff or dummy hand off and then try and get past the LB (Line Backer). The QB can also decide to throw to WR instead. If they get tagged, they restart from where they were tagged with another DOWN. Maximum of 4 downs. If they get to the end zone, they score 6 points. Rotate positions, everyone attempts to be QB, RB, WR and LB. <b>Adapted Learning = Less/More defenders, smaller pitch, just allow running plays for less able.</b></p>	
<b>Cooldown</b>	Collect the balls and cones in. Recap lesson and key points.	
<b>Key Technical Points</b>	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 be able to run different routes **Lesson 5/6**

**Equipment Needed** JagTag balls, cones, bibs.

**Success Criteria** Children can:

- Know when they are allowed to start the route
- Run different types of routes
- Run the comeback, curl, in and out, wheel and slant

**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** **Heads, Shoulders, Knees & Ball:**  
Pupils in pairs, one ball between two. Pupils start by facing each other (in a squat stance) with the JAGTAG ball on the floor in between the pair. The teacher gives the commands that the children will follow. Heads, shoulders, knees, hips, ears, ankles toes etc. When 'ball' is shouted, the first person to react by hooking the ball through their legs wins a point. Play for multiple points, mix up partners.

### Main Activity



#### Recap The Handoff Give & Receive – Beat The Linebacker:

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 touchdown. Players should rotate positions to experience all positions. **Adapted Learning = Larger area for lower ability, smaller area for more abled.**

#### Recap Old Routes >

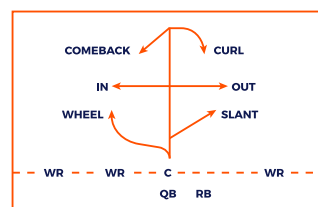
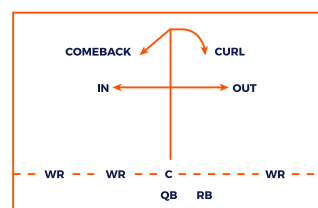
Come Back, Curl, In and Out (Use route cards).  
Work in groups of four to practice running the routes:

- A) No Defenders
- B) 1 Defender (3v1)

#### Introduce New Routes >

Wheel and Slant (Use route cards).  
Work in groups of four to practice running the routes:

- A) No Defenders
- B) 1 Defender (3v1)



**Cooldown** Collect the balls and cones in. Recap lesson and key points.

**Key Technical Points** Routes, In and Out, Comeback and Curl, Hike, Direction, Agility, Offence, Game Line.

<b>Lesson Objective</b>	To play small-sided games where the QB calls different plays	<b>Lesson 6/6</b>
<b>Equipment Needed</b>	JagTag balls, cones, bibs, tag belts.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>Start on the line of scrimmage and set up an attack</li> <li>Use multiple players to run different routes</li> <li>Know the basic rules of scoring, and where they need to get the ball too</li> </ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	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.	
<b>Key Questions</b>	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).	
<b>Warm Up</b>	<p><b>QB Quick Fire Throwing:</b></p> <p>Pupils are in groups of 6. QB has 5 balls. One by one he shouts HIKE. This tells the WR to run. In quick succession (Canon) the WR runs and catches. Once the wide receivers catch the ball, they run back to the start to reset the exercise again but with a new QB. <b>Adapted Learning = Pupils partner up with similar ability, shorter throw for less able / further for more able.</b></p> 	
<b>Main Activity</b>	<p><b>Offence vs Defence (Throwing, Catching, Running, Route Running, Defending).</b></p> <p><b>3v1 Game:</b></p> <p>Set up a mini pitch (40m x 15m). 1 LB, 1 QB, 2 Runners. They have four attempts to score in the end zone. If they catch the ball and are tagged, they restart their next down from where they were tagged. If they drop the ball and it's incomplete, they start from where the QB just threw it from. Rotate positions after every four downs. Players must demonstrate handoffs, dummy handoffs and routes (Come back, Curl, In and Out, Wheel and Slant). Emphasis on avoiding defenders to move forward.</p> <ul style="list-style-type: none"> <li><b>Progression:</b> 4v2 (Only if they show high levels on the 3v1)</li> <li><b>More Progression:</b> 4v3 (Only if they show high levels on the 4v2)</li> <li><b>Further Progression:</b> 4v4 (Only if they show high levels on the 4v3)</li> </ul>	
<b>Cooldown</b>	Collect the balls and cones in. Recap lesson and key points.	
<b>Key Technical Points</b>	Routes, In and Out, Comeback and Curl, Wheel and Slant, Linebacker, Hike, Direction, Agility, Offence, Game Line, 4 Downs.	