

COMPETING

EDSTART



Year 5 - JagTag Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- Understand that they start on the 'line of scrimmage'
- Run different types of routes
- Run the comeback, curl, in, out, wheel, slant, flag, post and go routes
- Understand they need to create space as they run their route
- Know on the QB's call, they plant and accelerate along their route
- Know how to play man to man coverage
- Close the gap on the person they are covering
- Understand what zone on the field they are covering
- Understand that they need to drop to the back of zone
- Organise their team and call plays to set up an attack
- Play small games following the rules provided
- Put into practice the techniques shown
- Come up with a variety of offensive plays to score a touchdown



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Learning Objective

Learning Outcomes

1 To introduce the 'centre' and the technique of the 'snap'

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

2 To perform the 'QB' throw once received from the 'centre'

Children can:

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

3 To stop the offense gain yards by pulling their flags

Children can:

- Know that they have to pull the flag of the receiver who gains possession of the ball
- Know to pull the flag they have to have their eyes on hips, stay low, stay square and reach for the hip

4 To use plays involving the running back receiving a hand-off

Children can:

- Know how the 'RB' receives the ball off the 'QB'
- 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
- Know that RB's start back behind the line of scrimmage in line with the QB

5 To run different routes

Children can:

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

6 To play small-sided games where the QB calls different plays

Children can:

- Start on the line of scrimmage and set up an attack
- Use multiple players to run different routes
- Know the basic rules of scoring, and where they need to get the ball too



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Assessment Mark Requirements

Working Towards

- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Can perform a variety of passes, dribble/run with a ball and aim at a target (Unopposed)
- Retain key information

On Target

- Can perform a range of passes against a defender
- Can throw the ball/run with a ball confidently using the correct techniques against a defender
- Use correct technique when aiming at a target against a defender
- Can consistently receive and control a ball against a defender

Above Target

- Can perform a range of passes in a game situation (Small sided games, e.g. 2v2 or 3v3 etc.)
- Can throw the ball/run with a ball confidently in a game situation
- Use correct technique when aiming at a target in a game situation
- Can consistently receive and control a ball in a game situation
- Consistently demonstrate an understanding of spatial awareness
- Effectively apply some elements of strategy and tactics

Excelling

- Competes/demonstrates an ability to compete at an elite level
- Consistently demonstrates leadership qualities to provide strategy and tactics in game situations for teammates to succeed
- Effectively use spatial awareness to achieve success in game situations
- Analyse skills and techniques to modify and improve performance

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

To achieve **EXCELLING**, pupils must achieve all bullet points from **WORKING TOWARDS**, **ON TARGET** and **ABOVE TARGET** as well as at least 3 bullet points from **EXCELLING**.