

## EDSTART KNOW

- I can explain how to evaluate my performance and identify ways to improve my skills and teamwork in tag rugby.
- I can describe how feedback from a coach, partner, or teammate helps me improve my attacking and defending.
- I can understand how analysing my performance helps me make better tactical decisions in games.

## EDSTART GO

- I can evaluate my performance and recognise what I need to do to improve my movement, control, and positioning.
- I can use feedback from others to refine my passing, tagging, and support play.
- I can apply what I've learned in training to make better decisions during matches.

## EDSTART SHOW

- I can evaluate my performance and recognise what I need to do to improve my movement, control, and positioning.
- I can use feedback from others to refine my passing, tagging, and support play.
- I can apply what I've learned in training to make better decisions during matches.

## Key Vocabulary

**pass, tag, attack, defend,**

**support, strategy,**

**teamwork, space**

## Role Models



**Marlie Parker -  
England Rugby Captain**



**Kevin Sinfield CBE -  
England Rugby League  
Legend and  
Humanitarian**

## What do we know about Tag Rugby?

Tag Rugby is a fast, non-contact form of rugby developed to teach movement, teamwork, and tactical thinking. Each player wears two tags, which defenders remove to indicate a tackle. Teams progress through passing, evasive running, and offloading. It's governed in England by both the Rugby Football Union (RFU) and Rugby Football League (RFL). The sport builds agility, balance, and communication while encouraging inclusive participation. The game also develops understanding of spatial play, mirroring patterns used in both Rugby Union and Rugby League formats.

## In Year 5 we learnt

- to can combine rugby skills such as **passing, catching, and tagging within an activity, moving between them with control and fluency.**
- to explain how different rugby skills are used during attacking and defending situations and identify when multiple skills are needed.
- to assist their peers by giving feedback, helping them complete activities, and recording scores accurately.