

EDSTART KNOW

- I can explain why I need to stand side-on and step towards my target when throwing.
- I can describe how rotating my hips helps me to throw with more power and accuracy.
- I can understand when to start a route and how to adjust the distance or height of my throw depending on the situation.

EDSTART GO

- I can stand side-on and step towards my target while rotating my hips to make a strong, accurate throw.
- I can vary the distance and height of my throw depending on the target or route.
- I can run different types of routes confidently, showing good timing and awareness of space.

EDSTART SHOW

- I can demonstrate accurate throwing and catching under pressure during JagTag games.
- I can show control and decision-making when choosing the right route or pass.
- I can play fairly and confidently, showing teamwork, communication, and understanding of game rules.

Key Vocabulary

routes, line of
scrimmage, incomplete,
spiral,

Role Models



Jamal Agnew –
Wide Receiver,
Jacksonville Jaguars



Travis Hunter
Linebacker, Jacksonville
Jaguars

What do we know about Jag Tag?

JJag Tag is the UK's official non-contact American Football programme created by the Jacksonville Jaguars. It teaches children how to throw, catch and run routes while learning teamwork and strategy. Players wear tags instead of tackling, making the game fun and inclusive. American Football began in the USA in the 1800s and has grown globally through NFL community programmes. In the UK, BAFA (British American Football Association) supports participation across schools.

In Year 4 we learnt

- to know when to use the low medium or high catching technique.
- to watch the ball in – all the way looking at the tip of the ball.
- to know how to secure the football using the 5 Points of Contact.