

Year 5 - Tag Rugby Knowledge Organiser

COMPETING
EDSTART

EDSTART KNOW

- I can explain how to combine skills such as passing, catching, and tagging effectively in a game.
- I can describe how different rugby skills are used in attacking and defending situations.
- I can understand how to support my teammates by communicating, giving feedback, and helping to record scores.

EDSTART GO

- I can combine passing, catching, and tagging skills within a game, moving between them with control and fluency.
- I can apply more than one skill at a time during play, showing awareness of space, movement, and timing.
- I can support my teammates by communicating clearly and playing fairly throughout the game.

EDSTART SHOW

- I can demonstrate control, coordination, and teamwork when performing rugby skills in competitive situations.
- I can show tactical awareness and confidence when attacking and defending.
- I can display sportsmanship, encouragement, and respect for teammates and opponents.

Key Vocabulary

pass, tag, dodge, attack, defend, teamwork, positioning, tactics

Role Models



**Ellie Kildunne -
England Rugby Union
World Cup Winner**



**Harry Newman -
England & Leeds Rhinos
Rugby League Player**

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 4 we learnt

- to use a range of sending and receiving skills, such as passing, catching, or striking, with control and accuracy.
- to send the ball over different distances using suitable passing or striking techniques for the game or situation.
- to track the movement of the ball and use the correct technique to control, receive, or intercept it successfully.