

## EDSTART KNOW

- I can explain when to use a low, medium, or high catching technique in JagTag.
- I can describe how to watch the ball carefully and track it all the way into my hands.
- I can understand how to secure the football using the 5 Points of Contact.

## EDSTART GO

- I can choose the correct catching technique depending on the height and speed of the ball.
- I can keep my eyes on the tip of the football to make a clean and controlled catch.
- I can use the 5 Points of Contact to secure the football safely after catching

## EDSTART SHOW

- I can demonstrate control and accuracy when catching in game situations.
- I can show awareness and quick reactions when moving to catch or secure the ball.
- I can play fairly and confidently, showing teamwork and focus during JagTag activities.

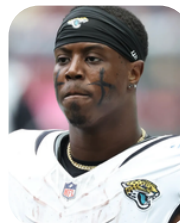
## Key Vocabulary

**pass, catch, dodge, tag,**  
**running back, strategy,**  
**space, defend, end zone**

## Role Models



**Traveon Walker-**  
**Defensive End**  
**Jacksonville Jaguars**



**Travis Etienne Jr -**  
**Running Back,**  
**Jacksonville Jaguars**

## What do we know about Jag Tag?

JagTag is a fun, non-contact version of American Football created by the Jacksonville Jaguars to help young people learn teamwork and strategy. Instead of tackling, players wear tags that are removed to stop play. The aim is to throw, catch, and move the ball into the scoring zone. It builds speed, decision-making, and cooperation while encouraging respect and communication between teammates.

## In Year 3 we learnt

- to have their throwing arm up and with ball behind head, elbow above shoulder.
- to know when to use the low catching technique.