

**EDSTART KNOW**

- I can explain how to hold and throw a JagTag ball correctly, with my arm back and elbow above my shoulder.
- I can describe when to use a low catch and how to position my hands safely.
- I can explain that teamwork and communication help my team move the ball forward to score.

**EDSTART GO**

- I can throw the ball using the correct technique, aiming for accuracy and control.
- I can catch the ball safely using a low or high catch depending on the height of the pass.
- I can move into space to support my teammates and help my team keep possession.

**EDSTART SHOW**

- I can perform the correct throwing and catching techniques in a small-sided JagTag game.
- I can play fairly, following the rules and showing respect to my teammates and opponents.
- I can work as part of a team, showing good communication and enjoyment during the game.

**Key Vocabulary**

**pass, catch, tag,**

**route,**

**quarterback**

**Role Models**



**Trevor Lawrence**  
**Quarterback**  
**Jacksonville Jaguars**



**Josh Hines-Allen -**  
**Running Back,**  
**Jacksonville Jaguars**

**What do we know about Jag Tag?**

JagTag is a fun version of American Football designed for children. Players wear tags that can be pulled to stop the play instead of tackling. It was created by the Jacksonville Jaguars to teach teamwork, running, and catching skills safely. The aim is to throw the ball and score in the end zone. It helps build communication, fitness, and confidence while encouraging fair play.

**In Year 2 we learnt**

- **to throw the ball using an overarm technique.**
- **to watch the flight of the ball and attempt to catch.**
- **to run without dropping the ball.**