



**Recap: What do we know about JagTag?**

**Lesson 1/6**

# **To introduce the 'center' and the technique of the 'snap'**

## **EDSTART KNOW**

- I can explain the role of the Center in JagTag.
- I can describe how the snap starts a play.
- I can understand the QB's role in receiving the ball.

## **EDSTART GO**

- I can perform a snap using correct technique.
- I can deliver the ball accurately to the QB.
- I can rotate roles in small-sided drills.

## **EDSTART SHOW**

- I can respect teammates when rotating positions.
- I can encourage others when learning the snap.
- I can support my team by starting plays fairly.



**Recap: To introduce the 'center' and the technique of the 'snap'**

## **Lesson 2/6**

# **To perform the 'QB' throw**

**once received  
from the 'center'**

### **EDSTART KNOW**

- I can explain how to stand side-on to the target.
- I can describe how to use my arm and hips for power.
- I can understand when to use different throws in JagTag.

### **EDSTART GO**

- I can throw with accuracy over short and medium distances.
- I can use a QB throw in moving drills.
- I can complete passes to teammates under pressure.

### **EDSTART SHOW**

- I can respect teammates when they attempt catches.
- I can encourage others to improve their throws.
- I can celebrate team success fairly.



**Recap: To perform the 'QB' throw once received from the 'center'**

### **Lesson 3/6**

# **To stop the offense gaining yards by pulling their flags**

#### **EDSTART KNOW**

- I can explain how to pull a flag safely and fairly.
- I can describe why defenders watch the hips not the ball.
- I can understand how to stay balanced when defending.

#### **EDSTART GO**

- I can pull flags from opponents in practice drills.
- I can position myself to stop an attacker's run.
- I can apply defending skills in 5v5 games.

#### **EDSTART SHOW**

- I can respect opponents when pulling flags.
- I can encourage my teammates in defence.
- I can celebrate defensive success as much as scoring.



**Recap: To stop the offense gaining yards by pulling their flags**

## **Lesson 4/6**

# **To use plays involving the running back receiving a hand-off**

### **EDSTART KNOW**

- I can explain the role of the Running Back.
- I can describe how to secure the ball with 5 points of contact.
- I can understand how to receive a handoff correctly.

### **EDSTART GO**

- I can receive a handoff safely from the QB.
- I can run with the ball into space.
- I can apply running back skills in small games.

### **EDSTART SHOW**

- I can respect my teammates when handing off the ball.
- I can encourage others when they run into space.
- I can celebrate team effort fairly.



**Recap: To use plays involving the running back receiving a hand-off**

## **Lesson 5/6**

# **To be able to run different routes**

### **EDSTART KNOW**

- I can explain what a route is.
- I can describe common routes (slant, curl, in, out, wheel).
- I can understand why timing matters in route running.

### **EDSTART GO**

- I can run routes with correct timing.
- I can catch passes while running a route.
- I can apply routes in conditioned games.

### **EDSTART SHOW**

- I can respect my QB when they throw.
- I can encourage my teammates during their runs.
- I can support my team by completing my route.



**Recap: To be able to run different routes**

## **Lesson 6/6**

# **To play small-sided games where the QB calls different plays**

### **EDSTART KNOW**

- I can explain the rules of JagTag.
- I can describe how to combine offence and defence.
- I can understand how to score touchdowns fairly.

### **EDSTART GO**

- I can play small-sided JagTag matches.
- I can combine snapping, throwing, catching, and flag pulling.
- I can follow the rules in tournament play.

### **EDSTART SHOW**

- I can respect referees and opponents.
- I can encourage my team throughout the game.
- I can show fairness whether I win or lose.