



Recap: What do we know about JagTag?

Lesson 1/6

To introduce running with the ball in JagTag

EDSTART KNOW

- I can explain how to hold the ball securely.
- I can describe how to protect the ball with my body.
- I can understand why I change direction when running.

EDSTART GO

- I can run with the ball in my hands.
- I can move in and out of cones while keeping control.
- I can protect the ball during small games.

EDSTART SHOW

- I can respect defenders when running.
- I can encourage teammates to keep going.
- I can celebrate effort in races and games.



Recap: To introduce running with the ball in JagTag

Lesson 2/6

To introduce receiving a hand-off in JagTag

EDSTART KNOW

- I can explain how to hold my arms for a handoff.
- I can describe how to tuck the ball into my ribs.
- I can understand why I run towards the QB.

EDSTART GO

- I can receive a ball safely from a handoff.
- I can secure the ball and run into space.
- I can use handoffs in small games.

EDSTART SHOW

- I can respect my partner when handing over the ball.
- I can encourage others when practising handoffs.
- I can celebrate effort as well as touchdowns.



Recap: To introduce receiving a hand-off in JagTag

Lesson 3/6

To introduce how to grip the ball when attempting the quarterback throw

EDSTART KNOW

- I can explain how to grip the ball with one hand.
- I can describe how my fingers sit across the laces.
- I can understand why grip helps me throw further.

EDSTART GO

- I can hold the ball in the correct grip.
- I can throw the ball with accuracy at a target.
- I can use my grip in small games.

EDSTART SHOW

- I can respect opponents in throwing games.
- I can encourage my group when aiming at targets.
- I can celebrate fairness in games.



Recap: To introduce how to grip the ball when attempting the quarterback throw

Lesson 4/6

To develop the quarterback throwing technique in JagTag

EDSTART KNOW

- I can explain how to stand side-on to my target.
- I can describe how to step and follow through when throwing.
- I can understand the “seatbelt/mobile phone” phrase to help throwing.

EDSTART GO

- I can throw the ball with correct QB technique.
- I can pass and catch with a partner.
- I can use throws in small games.

EDSTART SHOW

- I can respect my partner when practising.
- I can encourage teammates when catching.
- I can celebrate effort and teamwork.



Recap: To develop the quarterback throwing technique in JagTag

Lesson 5/6

To introduce the low catching technique in JagTag

EDSTART KNOW

- I can explain when to use a low catch.
- I can describe how to make a rake with my hands.
- I can understand how to track the ball into my hands.

EDSTART GO

- I can catch a ball at low height.
- I can practise low catches with a partner.
- I can apply skills in small games.

EDSTART SHOW

- I can respect throwers when catching.
- I can encourage others during catching challenges.
- I can celebrate effort fairly.



Recap: To introduce the low catching technique in JagTag

Lesson 6/6

To introduce basic route running in JagTag

EDSTART KNOW

- I can explain what a route is.
- I can describe how to run a comeback route.
- I can understand why I work with the QB to plan routes.

EDSTART GO

- I can run different routes on the QB's call.
- I can receive passes in target zones.
- I can apply routes in Calling Routes with defenders.

EDSTART SHOW

- I can respect opponents by playing fairly.
- I can encourage my teammates during plays.
- I can celebrate effort in route running.