

Lesson Objective To introduce running with the ball in Jag Tag.

Lesson 1/6

Equipment Needed Jag Tag Balls, Bibs, Cones, hoops, Jag Tag bets

Success Criteria Children can:

- hold the ball securely.
- run with the ball whilst changing directions.
- able to protect the ball with their body when running.

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.

Key Question How can you help your team be successful today?" By communicating clearly, moving into space, and staying in control of the ball so we can work together and complete the challenges."

Warm Up **BALL TAG FUN:** Two pupils start as the "taggers," each holding a soft ball. They try to gently tag other players by touching them with the ball (no throwing allowed). If a pupil is tagged, they stand still with their arms out to the side. They can be freed when a teammate runs under their arms. This builds awareness, teamwork, and movement skills. **PROGRESSION:** Add another tagger, make the area smaller, or ask players to move in different ways (hopping, skipping, side-stepping) to make it more fun and challenging.

Main Activity

TIC TAC JAGS: Split pupils into teams of 3–5. Each team has one ball and three coloured cones. Set out nine hoops in a big grid like a noughts and crosses board. On "Go!", the first player runs and stands in an open hoop while a teammate throws the ball for them to catch. If they catch it safely, they place their cone inside the hoop to claim it. Teams race to be the first to get three in a row while working together and thinking tactically. Encourage accurate throws, quick movement, and strong communication. **PROGRESSION:** Add time challenges, shrink the grid, or make teams use underarm throws only to increase control and accuracy.

RUN THE BALL RELAY: Pupils work in small teams of three. Each team lines up behind cones with a ball. On the coach's "Go!", player 1 runs with the ball in and out of a slalom of cones, returns to tag player 2, and hands over the ball. The relay continues until everyone has completed a run. The quickest team wins! Celebrate teamwork, fast feet, and smooth transitions. **PROGRESSION:** Add fun challenges such as balancing the ball on one hand, a bounce pass halfway down the course, or switching to backwards running for extra coordination.

JAGUAR JETPACK RUN: Pupils work in pairs, with one player as the "runner" and the other as the "booster." The runner starts with the ball and jogs in a straight lane while the booster runs behind them, shouting "Boost!" whenever the runner needs to speed up. At halfway, players swap roles, ensuring both practise controlled running with the ball and supporting a partner. Focus on steady ball handling, rhythm, and teamwork. **PROGRESSION:** Add obstacles to dodge, require a quick turn at the end cone, or introduce a time challenge to "charge the jetpack!"

TAG TUNNEL: Divide the area into three long lanes. The middle lane is for defenders, who can only move sideways. The two outer lanes are for runners who must travel from one end to the other without being tagged. If tagged, they return to the back of their line and try again. This game develops fast feet, dodging skills, and awareness on the move — just like avoiding tackles in JagTag! **PROGRESSION:** Add fun movement patterns (hop, skip, crab walk), or add a timer challenge to see how many successful runs each team can complete in a minute.

Adapted Learning (Differentiation) (Challenge)

SPACE

Make the playing areas bigger for more success or smaller for greater challenge and quicker reactions

TASK

Simplify actions (walk instead of run, catch instead of throw) or increase difficulty (add targets, time limits, or movement patterns).

EQUIPMENT

Use larger, lighter, or softer balls for confidence, or smaller, firmer balls to challenge precision and control.

PEOPLE

Work individually, in pairs, or in larger groups to build teamwork; adjust numbers of defenders/attackers to vary pressure.

Key Technical Point Stay balanced, keep eyes on the ball, use soft hands, move into space, and communicate clearly.

Cooldown

TEAM TUNNEL RELAX: Pupils form teams and stand with legs apart to create a long "tunnel." Starting at the front, pupils gently roll or pass the ball through the tunnel until it reaches the final player. Encourage slow movements and deep, calm breathing — in through the nose, out through the mouth. After a few rounds, gather pupils and ask: "What made your team work well today?" or "How did you help others succeed?" **PROGRESSION:** Pupils walk slowly while balancing the ball on their palm or a cone, focusing on control, steady breathing, and quiet movement.

Lesson Objective To introduce receiving a handoff in Jag Tag.

Lesson 2/6

Equipment Needed Jag Tag Balls, Bibs, Cones, hoops, Jag Tag bets

Success Criteria Children can:

- know that they need to run towards the Quarter Back to receive the ball.
- know to keep the elbow nearest the QB up, Outside elbow down,
- secure the football and tuck into ribs.

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 activities.

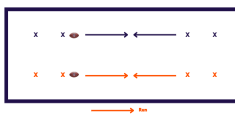
EDSTART SHOW

- 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.

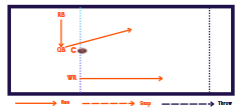
Key Question How can you keep the handoff smooth and successful? By staying close, watching the runner's hands, and placing the ball firmly into their grip

Warm Up **TIC TAC JAGS:** Split the class into small teams of 3-5. Lay out nine hoops in a large grid (like noughts and crosses). Each team has a ball and three coloured cones. On "Go!", the first player runs and stands in an empty hoop while a teammate throws the ball for them to catch. If the catch is good, they place their cone in the hoop and sprint back. The next teammate repeats! The first team to get three in a row wins! **PROGRESSION:** Add time rounds (e.g. 30 seconds to win), or make teams throw from different distances to test accuracy and teamwork.

Main Activity



TAG HANDOFF CHASE: Split into pairs facing each other across a short distance. The first player runs with the ball towards the centre line while their partner runs towards them from the opposite side. As they meet, they smoothly hand off the ball to their partner, who runs to the other side and back. Next time, swap sides, practice handing off both left and right! Focus on timing, teamwork, and smooth handovers. **PROGRESSION:** Turn it into a race between pairs, or add defenders who try to intercept or tag the runner before they reach the other side.



TOUCHDOWN TRAIL: Pupils form groups of four, a Quarterback (QB), Centre, Running Back, and Wide Receiver. The Centre starts with the ball and passes it backwards between their legs to the QB on the "Down, set, hut!" call. The Running Back runs towards the QB, receives the handoff, and sprints to the end zone for a touchdown celebration! Swap roles after each play so everyone gets to try each position. **PROGRESSION:** Add a fun "defender" who tries to pull the runner's tag before they score, or introduce passing to the Wide Receiver for bonus points.

JAGTAG SPEED ZONES: Set up three coloured end zones, Red (Stop Zone), Yellow (Turn Zone), and Green (Go Zone). Pupils start in the middle with a ball. On the coach's call of a colour, they must sprint, sidestep, or backpedal into the correct zone while keeping control of the ball. Add fun commands like "Switch!" (change ball carrier) or "Tag!" (light pressure chase). This builds speed, reactions, awareness, and ball control — all core JagTag skills **PROGRESSION:** Add defenders who guard one zone, forcing players to think and change direction quickly, or call two colours in a row for combination movements.

Adapted Learning (Differentiation) (Challenge)

SPACE

Make zones closer for support or spread them wider for more challenge and decision-making

TASK

Simplify actions (walk → jog → run) or add challenges such as turns, tags, or combination movements.

EQUIPMENT

Use larger balls for easier handling or smaller/foam balls for more advanced control.

PEOPLE

Work 1v1 for focus, add defenders for pressure, or pair confident pupils with those needing support.

Key Technical Point "Hold the ball securely, aim for the partner's hands, and time the handoff at full stride."

Cooldown

JUNGLE JAGS RELAX: Pupils walk slowly around the area, gently rolling or passing the ball between teammates. When the coach shouts an animal name (e.g. "Jaguar!"), pupils freeze in a funny pose for 3 seconds before continuing. Encourage calm breathing in through the nose, out through the mouth — and finish with a team huddle to share what made them proud today. **PROGRESSION:** Try balancing the ball on one hand or knee during the freeze to add a playful challenge.

Lesson Objective To introduce how to grip the ball when attempting the Quarter Back throw

Lesson 3/6

Equipment Needed Jag Tag Balls, Bibs, Cones, hoops, Jag Tag bets

Success Criteria Children can:

- hold the ball in one hand.
- know their index finger is placed near the back of the ball.
- place their middle & 3rd finger across the laces.

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.

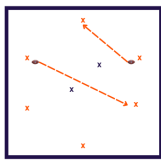
Key Question How do you throw the JagTag ball with control and accuracy? By gripping the laces, stepping toward the target and releasing with a smooth spiral

Warm Up **FLAG FRENZY:** Each pupil wears two flags tucked into their waistband. The aim is to protect your own flags while collecting as many as possible from others. Players move quickly, dodge, and change direction to stay safe. When a player grabs someone's flag, they keep it, and the player continues playing with any remaining flags. The winner is whoever collects the most by the end. **PROGRESSION:** Add a "safe zone" where players can rest for 3 seconds, or make team rounds where one colour defends and the other attacks!

Main Activity **GRIP & RIP:** Pupils work in pairs learning how to hold the JagTag football correctly, placing their index finger near the tip, middle and ring fingers across the laces, and thumb underneath for support. They practise short throws and smooth catches, focusing on grip, balance and spin while stepping toward their partner to build accuracy and control. **PROGRESSION:** Introduce a spiral challenge to see whose throw spins the most or who can hit a small target from increasing distances.



TARGET THROWDOWN: Pupils play in pairs or teams, aiming at a coloured cone "dartboard" where outer colours score small points and the centre cone scores the highest. Standing behind the throwing line, each player throws three footballs and totals their score, encouraging aim, power control and consistency. **PROGRESSION:** Move the throwing line back, make targets smaller, or add a moving bonus cone worth extra points.



JAGS IN THE MIDDLE: Pupils stand around a small square with one or two Jags in the centre trying to intercept or block passes. Players on the outside move the ball quickly, using sharp passes and teamwork to keep the ball away; if a Jag intercepts or if a pass is wild or dropped after touching hands, that player becomes a Jag. This builds quick reactions, communication and accuracy under pressure. **PROGRESSION:** Add more balls, shrink the square or award points for every clean pass that beats the Jags.

Adapted Learning (Differentiation) (Challenge)

SPACE

Reduce distances or use bigger playing boxes to support success; increase throwing distances or shrink areas to challenge.

TASK

Start with simple static throws and progress to spirals, moving targets, extra balls or timed challenges.

EQUIPMENT

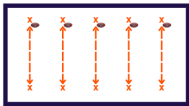

Use larger foam balls for support or smaller JagTag balls to increase difficulty and improve precision.

PEOPLE

Work in pairs for confidence or add extra defenders/Jags to increase pressure, reactions and decision-making.

Key Technical Point Fingers on the laces, step and point, finish with a wrist flick for spin.

Cooldown **JAG STRETCH CHALLENGE:** Pupils walk slowly around the area passing the football gently with a partner. On the coach's call they freeze and perform a stretch such as reaching high, touching toes or balancing on one leg, finishing with calm breathing in through the nose and out through the mouth to settle the body. **PROGRESSION:** Add playful animal poses such as jaguar crouch or flamingo balance to keep pupils smiling while cooling down.

Lesson Objective	To develop the Quarter Back throwing technique in Jag Tag.				Lesson 4/6
Equipment Needed	JagTag Balls, Bibs, Cones, hoops, JagTag bets				
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• know to stand side on to the target.• have their throwing arm up and with ball behind head, elbow above shoulder.• be introduced to the mobile phone / seat belt phrase, to help with throwing.				
EDSTART KNOW	EDSTART GO	EDSTART SHOW			
<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• I can throw the ball with correct QB technique.• I can pass and catch with a partner.• I can use throws in small games.	<ul style="list-style-type: none">• I can respect my partner when practising.• I can encourage teammates when catching.• I can celebrate effort and teamwork.			
Key Question	How do you make a controlled and accurate JagTag pass to your teammate? By gripping the laces, stepping toward the target and releasing smoothly with your eyes focused on your partner.				
Warm Up	<p>FLAG FRENZY: Each player wears two flags tucked into their waistband. The aim is to protect your own flags while collecting as many as you can from other players. Players move around the area, dodging, weaving, and reacting quickly. If a player grabs a flag, they keep it, and everyone keeps playing. The winner is the player with the most flags at the end of the round. PROGRESSION: Add a safe zone where players can rest for 5 seconds or make it team-based (red vs blue) where teammates can protect each other’s flags.</p>				
Main Activity	<p>PERFECT PASSERS: Pupils work in pairs, reinforcing the correct JagTag ball grip from last week — index finger near the tip, middle and ring fingers across the laces, and thumb underneath for control. They practise underarm and overarm throws, focusing on accuracy, smooth release and catching with hands instead of the body. PROGRESSION: Add a moving target by having partners take two steps sideways before catching, or challenge pairs to complete five clean passes in a row without dropping.</p> <p>CALL IT, CATCH IT: Pupils begin in pairs, passing the ball back and forth using correct throwing and catching technique. Once confident, pairs join to form small groups where players can only throw to someone who doesn’t already have a ball, calling their name clearly before passing. After each throw they must move into a new space, encouraging teamwork, communication and spatial awareness. PROGRESSION: Add a second ball, shrink the playing area for increased reaction speed, or introduce defenders who can intercept passes.</p> <p>TARGET TRAIL: Set up four cone gates in a zig-zag path. Pupils work in small groups taking turns to throw the ball through each gate in sequence, collecting it after every throw and moving to the next gate. Teams try to complete the full trail in as few throws as possible while keeping technique controlled. This builds accuracy, decision-making and weight of pass. PROGRESSION: Reduce gate width, increase distances, or require alternating overarm and underarm throws for added challenge.</p> <p>TAG LINE CHALLENGE: Pupils work in groups of six, standing in a line five metres apart. Player 1 throws to Player 2, Player 2 passes to Player 3, and so on until it reaches Player 6. Player 6 then runs the ball back to the start, while everyone moves down one position. The first team to have every player return to their original spot wins, with dropped balls resetting the team to the start. PROGRESSION: Add a timed challenge, use smaller balls for precision, or require all throws to be made while moving.</p>				
					
Adapted Learning (Differentiation) (Challenge)	SPACE Start close together and widen distances or shrink playing areas to increase challenge.	TASK Use static passing before progressing to moving targets, defenders, or multi-ball challenges.	EQUIPMENT Begin with larger foam balls for confidence, then progress to JagTag balls for precision.	PEOPLE Work in supportive pairs before moving to small groups, defenders or competitive team structures.	
Key Technical Point	Step, point, release — follow through with fingers and wrist towards your target.				
Cooldown	<p>TEAM TOSS & TALK: Pupils form small circles and gently toss the ball to each other while walking slowly, keeping throws soft and controlled. Encourage calm breathing — in through the nose, out through the mouth — and reflective thinking by asking questions such as: “What helped your team work well today?” or “What skill did you improve most?” PROGRESSION: Introduce one-handed throws or silent passing to finish with a focus and control challenge.</p>				

Lesson Objective To introduce the low catching technique in Jag Tag.

Lesson 5/6

Equipment Needed JagTag Balls, Bibs, Cones, hoops, JagTag bets

Success Criteria Children can:

- know when to use the low catching technique.
- track the flight of the ball and move their hands towards that ball to make a catch.
- watch the ball in their hands looking at the tip of the ball.

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.

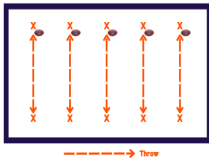
EDSTART SHOW

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

Key Question How do you make a low catch safely and in control? By bending your knees, keeping your eyes on the ball and scooping it up gently with soft hands.

Warm Up **FLAG FRENZY:** Every player wears two flags tucked into their waistband. The goal is to protect your own flags while grabbing as many others as possible! If you take someone's flag, keep it, and keep playing. The player with the most flags at the end wins. Focus on quick movements, dodging, and awareness of space. **PROGRESSION:** Add a safe zone where players can rest for 5 seconds, or play in teams where teammates can protect each other's flags.

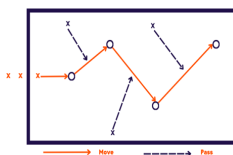
Main Activity



LOW GRAB CHALLENGE: Pupils work in pairs, practising catching the football down low. Encourage them to keep their eyes on the ball, bend their knees, and use soft hands to scoop it up. Remind them to “watch the ball into their hands” and keep full control before standing up. **PROGRESSION:** Add movement so partners take a small step back or throw from side angles to test reactions and balance.

CALL IT, CATCH IT: Pupils begin in pairs, throwing and catching the ball using gentle underarm passes. Once confident, players must call the name of the person they're throwing to so no one gets caught off guard. This builds teamwork, communication, and confidence while keeping the activity fun and energetic. **PROGRESSION:** Add a second ball for greater challenge, or allow players to move after throwing to create new angles and spaces.

JAG ZONE STRIKES: Set out three coloured catching zones (green = easy, yellow = medium, red = tricky). Pupils work in pairs: the thrower stands behind a line and throws to any zone, while the catcher must react quickly, get into position, and secure the ball before returning it. Points are awarded depending on the zone caught in, encouraging quick movement and strong catching technique. **PROGRESSION:** Make zones smaller, add a defender who shadows the catcher, or require the thrower to disguise which zone they are aiming for.



CATCH RUN CHALLENGE: Split pupils into two teams — Orange (runners) and Blue (throwers). Orange players run down the gauntlet, stopping at each cone to catch a football thrown by a Blue player. After catching, the runner secures the ball before placing it down and sprinting to the next cone. Each successful catch earns a point, and once all Orange players have gone, teams swap roles. **PROGRESSION:** Add a time limit for each runner, increase throwing distance, or introduce a defender who can try to block throws for extra excitement.

Adapted Learning (Differentiation) (Challenge)

SPACE Increase or reduce distance between partners, widen catching zones, or shrink the gauntlet lane to adjust difficulty.

TASK Start with static catches, then add movement, angles, defenders or timed challenges.

EQUIPMENT Use larger foam balls for confidence, then progress to JagTag balls for accuracy.

PEOPLE Work in supportive pairs before moving to small groups, team gauntlets or competitive challenges.

Key Technical Point Bend, watch, scoop — bring the ball into your hands before moving.

Cooldown **PASS & PRAISE:** Pupils walk slowly around the area, gently passing the ball to a partner while breathing deeply, in through the nose, out through the mouth. After each catch, they share something positive about their partner's teamwork, effort, or improvement. This helps bring the session to a calm, reflective finish. **PROGRESSION:** Try silent pass where players must throw and catch without talking, focusing only on eye contact and timing.

Lesson Objective To introduce basic route running in Jag Tag.

Lesson 6/6

Equipment Needed Jag Tag Balls, Bibs, Cones, route cards, hoops, Jag Tag bets

Success Criteria Children can:

- know when they are allowed to start the route.
- run different types of routes.
- run the comeback route.

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 small games.

EDSTART SHOW

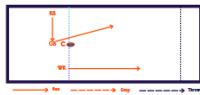
- I can respect opponents by playing fairly.
- I can encourage my teammates during plays.
- I can celebrate effort in route running.

Key Question How do you complete a successful handoff or pass during a play? By communicating early, timing your movement, and securing the ball safely with both hands before running.

Warm Up

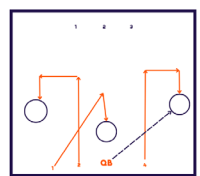
TIC TAC JAGS: Split the class into small teams of 3–5, each with a set of coloured cones. Lay out nine hoops in a large grid (like noughts and crosses). On “Go!”, the first player from each team races to place their cone on any free hoop, then runs back to tag the next teammate. The next player races out to place another cone. The first team to get three in a row wins! Encourage quick running, teamwork, and communication (“Go middle!” “Top corner!”). **PROGRESSION:** Players must move one of their existing cones instead of placing a new one, or add a ball that they must carry and hand off before tagging the next runner.

Main Activity



DOWN SET RUN: Split pupils into groups of four — a Quarterback (QB), Centre, Running Back, and Wide Receiver. The QB stands three steps behind the Centre, and on “Down, set, hut!” the Centre snaps the ball backwards. The Running Back then sprints past the QB, receives the handoff smoothly, and races to the end zone for a touchdown. **Emphasise** timing, teamwork, calling the play clearly, and safe, controlled handoffs. **PROGRESSION:** Add one defender who tries to pull the Running Back's flag, or create defensive cone zones the runner must dodge through before scoring.

JAG ROUTE RUNNERS: Split the class into small teams of QBs, Receivers, and Defenders. Mark four target boxes around the area. Before each play, QBs and Receivers plan their route combinations. On the QB's call, Receivers sprint to a chosen box and attempt to catch the ball inside it while Defenders rush from their line to intercept or block. Points are awarded only for clean catches made inside the box, building teamwork, accuracy, and quick decision-making. **PROGRESSION:** Add more defenders, shrink boxes for precision, or limit the QB's throw time to increase pressure.



CALL THE PLAY: Using the same setup but removing the boxes, the QB now calls out specific routes such as “Left slant!”, “Straight run!”, or “Hook!”. Receivers must run the exact route before turning to catch the ball, while two Defenders attempt to intercept the pass or pull the Receiver's flag after catching. Rotate roles every five turns so everyone experiences being QB, Receiver, and Defender. **PROGRESSION:** Add bonus points for difficult catches, accurate timing throws, or successful defensive interceptions.

Adapted Learning (Differentiation) (Challenge)

SPACE

Widen or shrink target areas; adjust QB–Receiver distance to increase or reduce challenge

TASK

Begin with simple routes and static catches before adding defenders, movement, or timed throws.

EQUIPMENT

Use foam or lighter balls for confidence, then progress to JagTag balls for accuracy under pressure.

PEOPLE

Start with pairs or trios before moving to full offensive and defensive teams.

Key Technical Point Call, catch, secure — communicate early, use soft hands, and protect the ball.

Cooldown

JAG PASS CHILL: Pupils pair up and slowly throw and catch the ball while walking around the space, taking a deep breath after each pass — in through the nose, out through the mouth. Encourage them to share something they improved today or a moment they were proud of. **PROGRESSION:** Add a balance challenge (catch on one leg) or a silent version using only eye contact and hand signals.