

## KEY RULES

**Game Basics:** This unit introduces invasion games that use teamwork, space, and passing. Children learn to move with control, share the ball, and score safely. All activities focus on fun, fair play, and inclusion.

**Hockey:** Players use a plastic stick to dribble and pass a soft ball. Only the flat side of the stick can be used to hit or control the ball. Players must keep the stick below their waist and the ball on the floor to stay safe. The aim is to pass the ball to teammates and score goals in the opponent's net. Defenders try to stop the ball safely without touching or blocking others. Children practise keeping control of the ball, moving into space, and working together as a team.

**Tag Rugby:** each player wears a tag belt with two ribbons attached. The attacking team passes the ball backwards to move up the pitch and score a try by placing the ball down behind the line. When a defender removes a tag, the attacker must stop, pass the ball, and wait for the tag to be returned before rejoining play. The game is non-contact — no tackling, pushing, or kicking. Players learn to run into space, pass carefully, and communicate clearly. Teamwork and honesty are key parts of the game.

**Dodgeball:** Two teams stand on opposite sides of a court and try to throw soft balls to hit players below the shoulders. If a player is hit, they are out, but if they catch the ball, the thrower is out instead. Players can use balls to block or dodge throws. Children practise throwing under control, aiming carefully, and being aware of others around them. Safety is important — no head shots, no diving, and always wait for the whistle before collecting balls.

**Fair Play and Safety:** Children must listen to the teacher, use equipment safely, and follow the rules. All games promote teamwork, honesty, and encouragement. The aim is to include everyone and have fun while learning the skills to move, pass, and play together.

## NATIONAL GOVERNING BODY (NGB)

**England Hockey:** [englandhockey.co.uk](http://englandhockey.co.uk)

**Scottish Hockey:** [scottish-hockey.org.uk](http://scottish-hockey.org.uk)

**Hockey Wales:** [hockeywales.org.uk](http://hockeywales.org.uk)

**Ulster Hockey:** [ulsterhockey.com](http://ulsterhockey.com)

**England Rugby (RFU):** [englandrugby.com](http://englandrugby.com)

**Scottish Rugby Union:** [scottishrugby.org](http://scottishrugby.org)

**Welsh Rugby Union:** [wru.wales](http://wru.wales)

**Irish Rugby Football Union:** [irishrugby.ie](http://irishrugby.ie)

**British Dodgeball:** [britishdodgeball.org](http://britishdodgeball.org)

**Scottish Dodgeball:** [scottishdodgeball.com](http://scottishdodgeball.com)

**Welsh Dodgeball:** [welshdodgeball.org](http://welshdodgeball.org)

**Northern Ireland Dodgeball Association:** [nidodgeball.org](http://nidodgeball.org)