



Year 5 - Jag Tag

Lesson Plan

COMPETING

EDSTART

Lesson Objective To introduce the 'centre' and the technique of the 'snap'

Lesson 1/6

Equipment Needed Jag Tag balls, cones, bibs, tag belts.

Success Criteria Children can:

- Understand the role of the Centre
- Stand over the ball with feet slightly wider than shoulder width apart and sit down into a squat position
- Look behind to see the QB (the target)
- Know that on the QB's command, they swing the ball up and between their legs in a fast continuous motion keeping arms straight and release the ball to the QB

EDSTART KNOW

- I can explain the role of the Center in Jag Tag
- 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

Cross Curricular Links

Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).

Warm Up

Fire & Ice Tag: Pupils begin with a ball each, except for the chasers. The **Ice Chasers** hold blue cones and must tag runners to "freeze" them in a scarecrow pose. The **Fire Rescuer** carries a red cone and can "melt" frozen players by tagging them free. Players practise dodging, spatial awareness, and teamwork while moving with the ball. Swap roles regularly so everyone experiences each role. **Progression:** Add more chasers or multiple fire rescuers to adjust challenge levels. **Adapted Learning:** Change the number of blue or red cones depending on group ability.

Main Activity

Throwing School:

Pupils face a partner with one ball between them. They practise throwing with correct grip, elbow height, and follow-through while keeping feet shoulder-width apart. Encourage self-chosen distances for success. Emphasise accuracy over power and using soft hands when catching. **Progression:** Partners step back slightly after three successful throws to increase challenge.

Snap Attack:

Explain and model the **Centre** and **Quarterback (QB)** positions. Pupils stand facing each other – the Centre squats with feet apart and swings the ball through the legs to the QB on the "Hike" or "Hut" command. Alternate roles after each attempt to build confidence and coordination. **Progression:** Add a timed rhythm to simulate real game speed.

Snap & Score:

Pupils stay in pairs. The Centre performs a snap to the QB, then immediately runs forward into space. The QB passes the ball to the running Centre, who catches and scores in the end zone. **Progression:** Challenge the QB to throw from different distances or vary the direction of the Centre's run. **Adapted Learning:** Lower ability players throw shorter distances or walk through the motion; higher ability can add defenders.

Snap, Run, Stop:

Pupils in groups of four – one QB, one Centre, and two Wide Receivers (WR). The Centre snaps the ball to the QB, who passes to one WR. When caught, the WR must stop, become the new Centre, and repeat the play up the field until scoring in the end zone. **Progression:** Add a single defender to pressure the QB, requiring the Centre to protect or block. **Adapted Learning:** Keep defenders passive or reduce pitch size for support.

Adapted Learning (Differentiation) (Challenge)

SPACE

Shorter snapping distances for beginners, extend for challenge.

TASK

Begin with static snaps, progress to live plays.

EQUIPMENT

Use foam balls for support, Jag Tag balls for challenge.

PEOPLE

Work in pairs (Center/QB), rotate in groups for games.

Cooldown

Snap Relay: Groups stay in their fours. The Centre snaps the ball to the QB, who throws a short pass to the WR sprinting to the end zone. When the WR scores, they perform a fun "touchdown dance" before jogging back and swapping roles. **Progression:** Introduce a time limit to complete as many successful "snaps" and scores as possible. End with a brief team huddle – recap today's focus on teamwork, snapping accuracy, and moving safely into space like Jaguars on the hunt.

Key Technical Points

Feet apart, squat position, just in front of the QB, QB's command Hike/Hut, swing the ball up between the legs in a fast continuous motion, arms straight, release the ball.



Year 5 - Jag Tag

Lesson Plan

COMPETING

EDSTART

Lesson Objective To perform the 'QB' throw once received from the 'centre'

Lesson 2/6

Equipment Needed Jag Tag balls, cones, bibs.

Success Criteria Children can:

- Know how they need to stand side on and to step towards the target as they rotate their hips
- Vary the distance/height of their throw

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 Jag Tag

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

Cross Curricular Links

Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).

Warm Up

Chase the Burrow:

Pupils work in pairs, each holding a ball correctly — one is a **Rabbit** and one is a **Rat**. When the coach shouts "Rats!", the Rats must sprint back to their "home" line before the Rabbits tag them. When the coach shouts "Rabbits!", the Rabbits run for home while the Rats chase! Players earn a point each time they escape or tag successfully. After each round, rotate partners so pupils face new opponents.

Progression: Add a fake call — if the coach says "Rabb...ish!", no one moves!

Adapted Learning: Pair children with similar running ability or adjust the distance between start and home lines for support.

Main Activity

Snap & Score:

In pairs, the **Centre** snaps the ball to the **Quarterback (QB)**, then runs forward to receive the pass and score in the end zone. Encourage smooth snapping, strong communication ("Hike!"), and soft catching hands.

Progression: Add defenders or cones as obstacles for the runner to dodge before scoring.

Adapted Learning: Shorter throws for beginners, longer throws for confident pupils.

Snap Challenge Course:

Working in pairs, pupils practise snapping the ball back and forth over different distances, each with a fun code name:

- **Close Snap** = Pistol (2 metres)
- **Medium Snap** = Shotgun (3 metres)
- **Long Snap** = Sniper (5 metres)

Pupils take turns performing each snap, ensuring both players get a go at each distance.

Progression: Time each pair to see how many accurate snaps they can make in 30 seconds.

Adapted Learning: Adjust distances — shorter for beginners, longer for more advanced pupils.

Target Strike:

In groups of five, one pupil acts as the **Centre** (snapper), one as the **QB**, and three as **targets**. The Centre snaps the ball to the QB, who must catch and throw accurately to hit a target. After three snaps, rotate positions so everyone practises each role.

Progression: Mix up distances — "Pistol", "Shotgun", and "Sniper" style throws.

Adapted Learning: Reduce target distance for lower ability; increase for higher. Add movement to targets for advanced groups.

Adapted Learning (Differentiation) (Challenge)

SPACE

Shorter throws for beginners, longer for advanced.

TASK

Start with stationary throws, progress to moving receivers.

EQUIPMENT

Use foam balls for beginners, Jag Tag balls for challenge.

PEOPLE

Pairs for passing, rotate roles in groups of 4.

Cooldown

The Final Snap Showdown:

In groups, pupils set up a mini relay. Each player must perform one accurate snap, one successful throw, and one clean catch before tagging the next teammate. The first team to complete the relay wins!

Progression: Add a defender trying to intercept passes or make teams complete the challenge under time pressure. End the session with a team huddle — recap today's focus on accuracy, teamwork, and confidence under pressure.

Key Technical Points Sideways on, mobile phone, rotate hips, throw like a rainbow.



Year 5 - Jag Tag

Lesson Plan

COMPETING

EDSTART

Lesson Objective To stop the offense gain yards by pulling their flags

Lesson 3/6

Equipment Needed Jag Tag balls, cones, bibs, tag belts.

Success Criteria Children can:

- Know that they have to pull the flag of the receiver who gains possession of the ball
- Know to pull the flag they have to have their eyes on the hips, stay low, stay square and reach for the hips

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

Cross Curricular Links

Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).

Warm Up

Jag Tag Dash: Two teams play a fast-paced throwing and catching game in a 30m x 15m grid. Like stuck in the mud, players must move the ball by passing only—no running with it! Teams score by successfully passing the ball into their opponent's end zone. Emphasise safe tagging, quick decision-making, and accurate throws.
Progression: Alternate between high and low passes (head-height vs chest-height).
Adapted Learning: Adjust grid size or use softer, lighter balls for control.

Main Activity

Snap Zone Challenge:

Pupils work in pairs practising their snapping technique to a partner QB. They perform snaps at increasing distances, coded as:

- Close = Pistol
- Medium = Shotgun
- Long = Sniper

After each series, they swap roles to experience both the snap and the catch.

Progression: Introduce a timed challenge — 30 seconds to complete as many accurate snaps as possible.

Adapted Learning: Shorten distances or allow a bounce pass for lower ability learners.

Jungle Tag:

In a 30m x 30m grid, four pupils act as **chasing Jaguars** while the rest must keep moving, protecting their tags. Chasers aim to collect as many tags as possible in 60 seconds. After each round, rotate roles so everyone becomes a Jaguar.

Progression: Add a "safe zone" where players can rest for 5 seconds.

Tag the Trail:

Groups of three — one Quarterback (QB), one Wide Receiver (WR), and one Defender. The QB shouts "Hike!" to start play. The WR sprints into space while being chased by the Defender. The QB aims to throw a clean pass for the WR to catch before being tagged.

Progression: Add a time limit for the QB to release the ball, improving reaction and accuracy.

Snap & Run Showdown:

Groups of four — Centre, QB, Running Back (RB), and Defender. The Centre snaps the ball to the QB, who performs a **handoff** to the RB. The RB then runs to the end zone, avoiding the Defender's tag. Rotate roles after every round so all pupils experience each position.

Progression: Add multiple defenders or vary starting distances (e.g., 10m vs 20m).

Adapted Learning: Adjust area size or use walking pace for early learners.

Adapted Learning (Differentiation) (Challenge)

SPACE

Wider zones for beginners, tighter lanes for challenge.

TASK

Begin with Flag Tag, progress to live defence in games.

EQUIPMENT

Jag Tag belts and cones to mark areas.

PEOPLE

Pairs for practice, 3v3 or 5v5 groups for games.

Cooldown

Jaguar Relay: Pupils form teams and complete a short relay including one snap, one throw, one catch, and one tag. The next player begins once their teammate finishes their run. Encourage creative touchdown celebrations when scoring!

Progression: Add a timing element — how many successful relays can your team complete in 2 minutes? End with a short reflection — *What helped your team succeed today? How did communication and tagging improve your game?*

Key Technical Points Eyes on the hips, stay low, stay square and reach for the tag.



Year 5 - Jag Tag

Lesson Plan

COMPETING

EDSTART

Lesson Objective To use plays involving the running back receiving a hand-off **Lesson 4/6**

Equipment Needed Jag Tag balls, cones, bibs, tag belts.

Success Criteria Children can:

- Know how to receive the ball off the QB
- Know to keep their inside elbow up, outside elbow down, receive ball and tuck into ribs to secure the football using the 5 Points of Contact
- Know that running back starts back behind the line of scrimmage in line with the QB

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

Cross Curricular Links Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Teamwork).

Warm Up

Points Chase:

Pupils each have a ball and move around a 20m x 20m area. Everyone is a tagger, and the aim is to earn as many points as possible. Tagging another player = 1 point, knocking their ball out of their hands = 5 points. If their own ball is dropped or knocked away, they restart on 0 points. Emphasise correct ball-carrying technique and ball security throughout.

Progression: Add a 60-second timer for each round to see who can earn the most points.

Adapted Learning: Use two smaller grids (10m x 10m) – one for more able pupils and one for mixed ability groups.

Main Activity

Handoff Hero:

Pupils work in groups of four with tags. The **Running Back (RB)** keeps their inside elbow up, outside elbow down, and tucks the ball firmly into their ribs when receiving the handoff from the **Quarterback (QB)**. The Centre snaps the ball to the QB, who then completes the handoff to the RB. Start with no defender, then progress to adding one defender who tries to pull the tag before the RB reaches the end zone.

Progression: Add a second defender or extend the run distance to encourage stronger ball security.

Adapted Learning: For lower ability, reduce distance or remove defenders; for higher ability, add reaction timing (QB calls "Hike" with varied pace).

The Switch-Up (Introduce the Dummy Handoff Receive):

Using the same setup, the QB begins a handoff motion to the RB but pulls the ball away at the last second. The RB continues their run to fake the defence, while the QB steps back to throw to them instead. Start without defenders, then introduce one defender who attempts to tag either the QB or RB.

Progression: Add a time limit for the QB to make the throw or require both players to change direction after the fake.

Adapted Learning: Use softer or lighter balls for less confident pupils and shorten the throwing distance.

Jag Tag Triad (3v1 Game):

In a 40m x 20m pitch, play 3 attackers (QB, RB, WR) versus 1 defender (LB). Teams have 4 Downs to score in the end zone. The QB can choose to hand off to the RB or perform a dummy handoff and pass to the WR. If tagged, restart from the spot of the tag with the next down. Scoring in the end zone earns 6 points. After each round, pupils rotate positions so everyone experiences QB, RB, WR, and LB roles.

Progression: Increase defenders to 2 or reduce the number of Downs for greater challenge.

Adapted Learning: Smaller pitch or only allow running plays for developing groups.

Adapted Learning (Differentiation) (Challenge)

SPACE

Short handoff distances for beginners, longer for challenge.

TASK

Start with walking handoffs, progress to live plays.

EQUIPMENT

Foam/Jag Tag balls depending on ability.

PEOPLE

Pairs for drills, groups of 3-4 for role rotation.

Cooldown

Tag to Touchdown:

Split into small teams and run a quick fun challenge – each team must complete one successful snap, one handoff, and one throw before sprinting to score in the end zone. Celebrate each score with a "Jaguar Touchdown Dance."

Progression: Add a light defender who can intercept or tag before the end zone. Finish with a short discussion: How did communication help during the fake handoffs and real runs?

Key Technical Points

Keep their inside elbow up, outside elbow down, receive the ball and tuck into their ribs, 5 points of contact for ball security, once the ball is secure you have the freedom to run anywhere.



Year 5 - Jag Tag

Lesson Plan

COMPETING

EDSTART

Lesson Objective To run different routes

Lesson 5/6

Equipment Needed Jag Tag balls, cones, bibs.

Success Criteria Children can:

- Know when they are allowed to start the route
- Run different types of routes
- Run the comeback, curl, in and out, wheel and slant

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

Cross Curricular Links

Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).

Warm Up

Quick React:

Pupils work in pairs with one ball between them. Both players face each other in a squat stance, with the Jag Tag ball placed on the floor between them. The coach calls out commands such as "Heads!", "Shoulders!", "Knees!", "Toes!", and "Ball!". When "Ball!" is shouted, the first pupil to hook the ball through their legs wins a point. Continue for multiple rounds and then mix up partners.

Progression: Add fake calls (e.g. "Bow!" or "Call!") to test listening and reaction time.

Adapted Learning: Increase the space between partners or slow the tempo of the commands for younger or less confident pupils.

Main Activity

Beat the Linebacker:

In groups of three, players take on the roles of **Quarterback (QB)**, **Running Back (RB)**, and **Linebacker (LB)**. The QB performs a handoff to the RB, who must sprint past the LB to score a touchdown in the end zone. After each round, players rotate roles so everyone gets a turn. Focus on correct handoff technique – inside elbow up, outside elbow down, ball tucked securely.

Progression: Add an extra defender or reduce the playing area to increase pressure on the RB.

Adapted Learning: Larger grid for support, smaller grid for more able learners; allow walking pace for beginners.

Route Replay:

Pupils work in groups of four to practise running the familiar routes – **Comeback, Curl, In, and Out**. Using route cards, pupils visualise and act out each route pattern, focusing on sharp direction changes and timing with the QB's throw.

1. Practice with no defenders for accuracy.

2. Add one defender (3v1) to increase challenge.

Progression: Add a time limit for each route or require defenders to swap roles after each play.

Adapted Learning: Simplify routes by reducing turns or shortening distances.

New Route Runners:

Introduce two new route types – **Wheel** and **Slant**. Pupils again work in groups of four, learning how to move at an angle (slant) or loop around the outside (wheel) to evade defenders. Use cones to mark starting points and turning areas for clarity.

1. Start without defenders to learn the movement.

2. Progress to 3v1 with a defender marking the WR.

Progression: Challenge players to combine routes (e.g., "slant to wheel") or perform under timed QB throws.

Adapted Learning: Simplify the wheel pattern for beginners by shortening the curve or using guided walking demos.

Adapted Learning (Differentiation) (Challenge)

SPACE

Larger spaces for beginners, tighter cones for advanced.

TASK

Start with Receiver Gauntlet, progress to defended routes.

EQUIPMENT

Cones to mark routes, Jag Tag balls for games.

PEOPLE

Groups of 3–4, rotating roles as QB, WR, defender.

Cooldown

Route Race:

Create a mini game where pupils form small teams and race to complete a chosen route (e.g. "In," "Wheel," or "Slant") before catching a pass in the end zone. Each completed route = 1 point for the team.

Progression: Add one light defender per route for challenge. End the lesson by reviewing **key skills** – handoff control, confident catching, and creative route running – and celebrate the "Top Route Runners of the Day."

Key Technical Points

Routes, In and Out, Comeback and Curl, Hike, Direction, Agility, Offence, Game Line.



Year 5 - Jag Tag

Lesson Plan

COMPETING

EDSTART

Lesson Objective To play small-sided games where the QB calls different plays

Lesson 6/6

Equipment Needed Jag Tag balls, cones, bibs, tag belts.

Success Criteria Children can:

- Start on the line of scrimmage and set up an attack
- Use multiple players to run different routes
- Know the basic rules of scoring, and where they need to get the ball too

EDSTART KNOW

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

EDSTART GO

- I can play small-sided Jag Tag 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

Cross Curricular Links

Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).

Warm Up

Quick Fire Cannon:

Pupils work in groups of six. One pupil acts as the **Quarterback (QB)** with five balls, while the rest are **Wide Receivers (WRs)**. The QB shouts "HIKE!" to signal each WR to sprint forward, receive a quick pass, and run back to the start to reset. Throws are made in fast, continuous succession (like a firing cannon). Once every WR has had a turn, a new QB steps in.

Progression: Add a countdown timer – WRs must catch and return before the next throw is made.

Adapted Learning: Partner pupils with similar abilities. Shorten the throwing distance for developing players or extend it for more confident throwers.

Main Activity

Offence vs Defence Challenge:

Pupils play a 3v1 mini-game on a 40m x 15m pitch. Teams consist of a **Quarterback (QB)**, **two Runners/Wide Receivers (WRs)**, and **one Linebacker (LB)** as the defender. Each team has 4 Downs to score in the end zone. If the ball carrier is tagged, play restarts from that spot; if the ball is dropped, play restarts from where the QB threw it. Pupils must combine their key skills – throwing, catching, route running, handoffs, and dummy handoffs – to move forward and score. Encourage creativity, communication, and fast decision-making.

Progression:

- **Stage 1: 3v1 (basic structure)** – focus on teamwork and successful completions.
- **Stage 2: 4v2** – add an extra defender to test space awareness.
- **Stage 3: 4v3** – introduce defensive coordination (covering routes, positioning).
- **Stage 4: 4v4** – full challenge game with real-time decision-making under pressure.

Adapted Learning: For beginners, play on a smaller pitch, slow the tempo, and allow walking passes. For advanced players, reduce time between "HIKE" calls or add scoring bonuses for complex plays (e.g. successful slant or wheel routes).

Adapted Learning (Differentiation) (Challenge)

SPACE

Small pitches for beginners, larger for advanced.

TASK

Start with timed games, progress to tournament play.

EQUIPMENT

Jag Tag belts, balls, and cones.

PEOPLE

Teams of 5, rotating QB and roles regularly.

Cooldown

Team Touchdown Challenge:

Split pupils into small groups. Each team must complete one full play – **snap, pass, catch, and score** – before performing a creative **Jaguar Celebration Dance** in the end zone. Encourage teams to design their own celebration move together for teamwork and fun.

Progression: Add a friendly competition: each successful touchdown = 1 point, and teams have 3 minutes to score as many as possible. Finish with a discussion: *Which play worked best? How did communication help your team succeed today?*

Key Technical Points

Routes, In and Out, Comeback and Curl, Wheel and Slant, Linebacker, Hike, Direction, Agility, Offence, Game Line, 4 Downs.