

Can I draw upon my tag rugby skills and develop more advanced ways of passing?

Year : 5

Unit— NFL

Golden Threads: Good Health

NC - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

Key Knowledge

- Centre must snap the ball to the Quarterback before a run/pass play from the centre of the field
- The offence has 4 downs (attempts) to score a touchdown in the End Zone
- Defence must attempt to pull a players tag or intercept the ball to gain possession
- Offensive players run different routes to provide passing options

Key Skills

Passing

- Passing over short and medium distances
- Passing the ball accurately

Running

- Understanding the difference between running with the ball and without it.
- Having ball security when moving with the ball

Catching

- Adjusting hand placement for different type of throws

Key vocabulary: Tactics, routes, snap, running back, wide receiver, centre, quarterback, yards, touchdown, end zone, line of scrimmage, offside, false start, handoff, pass interference, straight, in, out, laces, PAT, defence, offence

Learning Journey

- (1) Passing the ball accurately
- (2) Catching the ball
- (3) Running a variety of routes
- (4) Stopping an offensive player
- (5) Decision making in a 5 vs 3 attacking scenario
- (6) Applying tactics in game scenarios