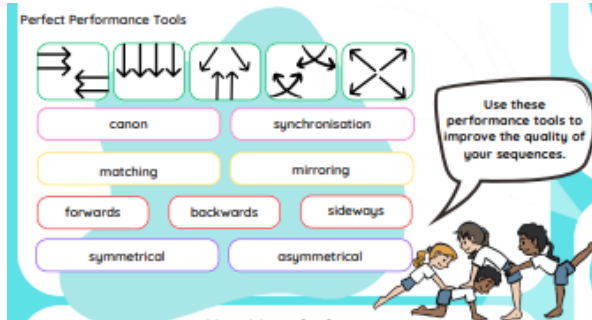


Gymnastics

Gymnastics traces its roots back to ancient Greece, where it was a crucial part of physical training. The word "gymnastics" even comes from the Greek word "gymnos," meaning naked, as ancient athletes often practiced in the nude.



Tag Rugby

Tag Rugby is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Tagging:

- Players wear two tags, one on each side.
- Players cannot physically push off a defender when they are attempting to go for a tag and cannot spin around, guard or shield tags in any way.
- When tagging, hold up the tag and shout 'tag...' followed by the number tag it is e.g. 'tag two' then give the tag back. The attacker has 3 seconds to pass then must place the tag back on their belt before re-joining the game. If the defending team make three tags in one attacking play, they gain possession. A player cannot be tagged when taking a free pass.



Key Vocabulary

Appropriate	Suitable approach
Assess	Make a judgement of the situation
Draw	Encourage movement of an opponent
Tactics	A plan to help you attack or defend
Turnover	When a team not in possession of the ball gain possession
Sportsmanship	Play fairly, respect others and be gracious
Transition	Moving from attack to defence or defence to attack
Decision	Select an outcome
Dictate	To give order
Track	To move your body to get in line with a ball that is coming towards you
Offside	When a tag is made, all defending players must get into an onside position. Onside is in front of the ball carrier, offside is behind the ball carrier.
Onside	When the defender is in front of the ball carrier
Aesthetics	How a performance or skill looks
Contrasting	Different to one another
Counter balance	Creating a balance by pushing against a partner
Counter tension	Creating balance by pulling away from a partner
Engage	To activate
Execution	Completing the action
Formation	Where performers are in the space in relation to others

Extended learning opportunity

This unit will develop the following skills:

- Social:** communication, support others, collaboration
- Emotional:** honesty and fair play, confidence, determination, trust
- Thinking:** decision making, comprehension, reflection, identify strengths and areas for development, plan