



Rookie Rugby Introduction for FCPS PE Teachers

August 23, 2017



Agenda



- Introduction
- Where is Rugby?
- Program Overview
- Meeting FCPS Objectives
- Teaching Benefits
- Teaching Methods
- Demonstration and Activities
- FAQ about Rugby in Schools



Introduction



- Gameplay
 - Only sport where to go forward, you must go backwards
 - Scoring: 5 points awarded for “touching” a ball down behind the goal line
 - Everyone handles the ball, possession is key
 - Play is free-flowing and continuous
- Historical Roots
 - Originated during a game of soccer in England (legend?)
 - Football was inspired by rugby, sharing terminology and many aspects of gameplay
 - Basketball was developed by a rugby player & coach looking for a winter fitness program



Rugby on International Scene

- Played in over 120 countries worldwide
- Summer Olympics 2016
 - “Cinderella” sport for the Summer Games
 - USA former two-time defending Gold Medalists
- Rugby World Cup 2015
 - 4th highest sporting viewership in the world (3.9 Billion event viewers!!!)
- World Cup Sevens
 - Held every 4 years, coming to the USA in 2018!

Rugby in the United States



- Fastest growing team sport in the USA
 - Youth rugby increasing by 25% over last three years
- World Police and Fire Games 2015
 - 2nd largest International Sporting Event
 - Hosted by Fairfax County in 2015
 - 10-12,000 Police and Fire athletes, 70 countries, 60 sports
- Las Vegas Sevens
 - Largest annual competition in North America
 - Includes 16 countries as part of the World Cup Sevens
 - 60,000 in attendance at the US event
- New Zealand All Blacks vs. USA Eagles
 - Sellout crowd of 61,500 in Soldier Field (2014)

TRACKING THE CHANGES IN YOUTH SPORTS PARTICIPATION
Participants by ages 6-17

	2009 (000s)	2014 (000s)	PCI, CHANGE
Baseball	7,012	6,711	-4.3%
Basketball	10,404	8,884	-15.6%
Field hockey	436	370	-15.3%
Football (soccer)	3,982	3,254	-17.8%
Football (touch)	3,006	2,082	-30.7%
Gymnastics	2,510	2,800	+11.5%
Ice hockey	517	343	-33.7%
Lacrosse	624	804	+28.8%
Rugby	150	301	+100.7%
Soccer (indoor)	2,458	2,172	-11.8%
Soccer (outdoor)	8,980	7,858	-12.4%
Softball (base-pitch)	686	1,004	+46.3%
Softball (short-pitch)	1,827	1,827	0.0%
Track and field	2,897	2,417	-16.6%
Volleyball (court)	3,420	2,000	-41.5%
Volleyball (beach/touch)	532	652	+22.5%
Wrestling	1,300	800	-38.5%

Source: 2013 SFIA U.S. Trends in Team Sports Report

Rugby in Your Community



- Youth Associations
 - 12 youth rugby teams draw from Fairfax County
 - 22-24 programs across the State of Virginia
- FCPS School-Age Child Care (SACC)
 - Introductory clinics, learning material, & equipment provided to eight (8) SACC centers in Sully District
- Cub Scouts
 - Introduced during meetings and summer camps
- Fastest growing team sport in the USA
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Program Overview

- Philosophy: Provide unique experience that stresses Fun, Learning, Teamwork, and Personal Development in a Safe Environment
- Benefits
 - Emphasis on continuous activity
 - Games-based activities tailored by grade
- Attributes Developed
 - Communication & Social Skills
 - Teamwork
 - Technique (Safety)
 - Feeling of Self-Worth & Confidence
 - Physical Fitness & Keeping Fit
 - Mental Skills & Decision Making
 - Cultural Awareness

Benefits to Teachers



- Why do instructors love rugby?
 - Easy to learn
 - Minimal instruction prior to starting exercise
 - Requires no prior knowledge of the game to teach!
 - Level playing field – most kids have never played before so all start out with equal footing
 - All players run, pass, and score
 - Can be played in any open space; indoor or outdoor
 - Safe and fun sporting experience
 - Cost-effective: Minimal Equipment



Rookie Rugby meets FCPS Objectives



- Skills-based lesson plan supports LEARN method
 - Students learn new skills that progressively build on each other
 - Pacing Guide & how activities utilize learned skills
- Rookie Rugby incorporates VDOE fitness objectives and meets current NASPE/SHAPE standards of the National Standards for Physical Education

Teaching Methods



Flexible Teaching Options

- Introductory Activities: FCPS Learning Topics
 - “Throwing & Catching”
 - “Kicking & Punting”
 - “Offensive & Defensive”
- Learn the Sport: 1-, 2-, and 3-Day Lesson Plan
- Comprehensive: 6-Week Program (2-3x week)
 - Rugby Instruction
 - Fitness & Active Nutrition
 - Cultural Education



Demonstration & Activities



- Passing and Catching
 - "Hot Potato"
 - "Rugby Baseball"
- Running
 - "Relay Races"
- Kicking and Punting
 - "Target Practice"
- Offensive and Defensive
 - "Flag Tag" / "Freeze Tag"
 - "Sharks and Minnows"



FAQ about Rugby in Schools



- *I've heard rugby is a dangerous sport!*
 - Non-contact sport using flags to simulate tackles. Perfect for P.E. classes because it keeps kids moving!
- *I don't know anything about rugby, how can I teach it?*
 - USA Rugby has developed an award-winning program with full P.E. curriculum full of games-based activities.
- *How much will it cost to introduce rugby in my classes?*
 - Rugby is one of the lowest cost option sports for children in the United States. All you need is a ball! Any type of ball!

For More Information



- Rookie Rugby Program:
 - USA Youth Rugby - <http://usarugby.org/rookie-rugby>
- Locally in Fairfax County
 - Robert J. Lymburner - syarugby@verizon.net
 - SYA Sports - <http://www.syarugby.org>
- Throughout Virginia
 - Rugby Virginia website: <http://www.rugbyvirginia.com>



Supporting Material

Rookie Rugby
Fairfax County Public Schools – PE Teachers
August 23, 2017

Case Studies (School Systems)



- Hillsborough County, Florida
 - 250 Schools, 1 District (8th largest in U.S.)
 - 575 Teachers taught during in-service day
 - 197,000 students

"Out of a field of seven traditional team sports under review for inclusion as a focus sport for 2009-2010, Rookie Rugby stood out from the rest due to its low implementation cost, inclusivity for participants, the variations of the game and its high degree of cardiovascular benefit for students."

Case Studies (School Systems)



- Dallas, Texas
 - 41 Elementary Schools, 1 District
 - 65 Teachers
 - 34,000 Students
- Houston, Texas
 - 16 Junior High and 12 Senior High Schools, 1 District
 - 135 Teachers
 - 54,000 Students
- Charlotte, North Carolina
 - 100 Schools
 - 75,000 students
- New York School System
 - Started in 2003
 - 6,400 Students
 - 160 Schools
- Los Angeles Schools
 - Started in 2010
 - 115 Schools
 - 4,500 Students (43% Girls!)
- San Francisco Schools
 - Started in 2012 & Partnered with YMCA
 - 25 Schools
 - 980 Students



Progressive Learning Technique



presented by:
★ SKILL CARD

--> SKILL: Receiving the Pass

★

LEARNING OBJECTIVES **SUGGESTED IMPLEMENTATION > TEACHING**

Understand why you are being passed the ball, how to catch the ball, and to pass the ball to the correct player.

WHAT TO EXPECT

Each player will receive the ball from a passer, eg. the captain, and will pass the ball to the correct player.

STEP 1: Catching the ball

- Pass the ball to the player who is ready to catch it.
- Pass the ball to the player who is ready to catch it.
- Pass the ball to the player who is ready to catch it.
- Pass the ball to the player who is ready to catch it.
- Pass the ball to the player who is ready to catch it.

PROVISION

presented by:
★ GAME CARD

--> GAME: Circle Passing

★

REQUIREMENTS AND SPACE NEEDS

- 10-15 players
- 10-15 minutes

PREPARED UP PLAN

- 10-15 players
- 10-15 minutes
- 10-15 minutes

WHAT TO DO

1. All players form a circle and pass the ball to each other.
2. All players pass the ball to each other in a circle.
3. All players pass the ball to each other in a circle.
4. All players pass the ball to each other in a circle.

PROVISION

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PROVISION

COACHING NOTES

SKILL PROGRESSIONS	CHECK AND CORRECT
<ol style="list-style-type: none"> 1. Have a player work on catching the ball from different angles and positions. 2. Have a player work on catching the ball from different angles and positions. 	<ol style="list-style-type: none"> 1. Have a player work on catching the ball from different angles and positions. 2. Have a player work on catching the ball from different angles and positions.

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PROVISION

COACHING NOTES

GAME PROGRESSIONS	KEY SKILLS	KEY CONCEPTS
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Youth Rugby Video

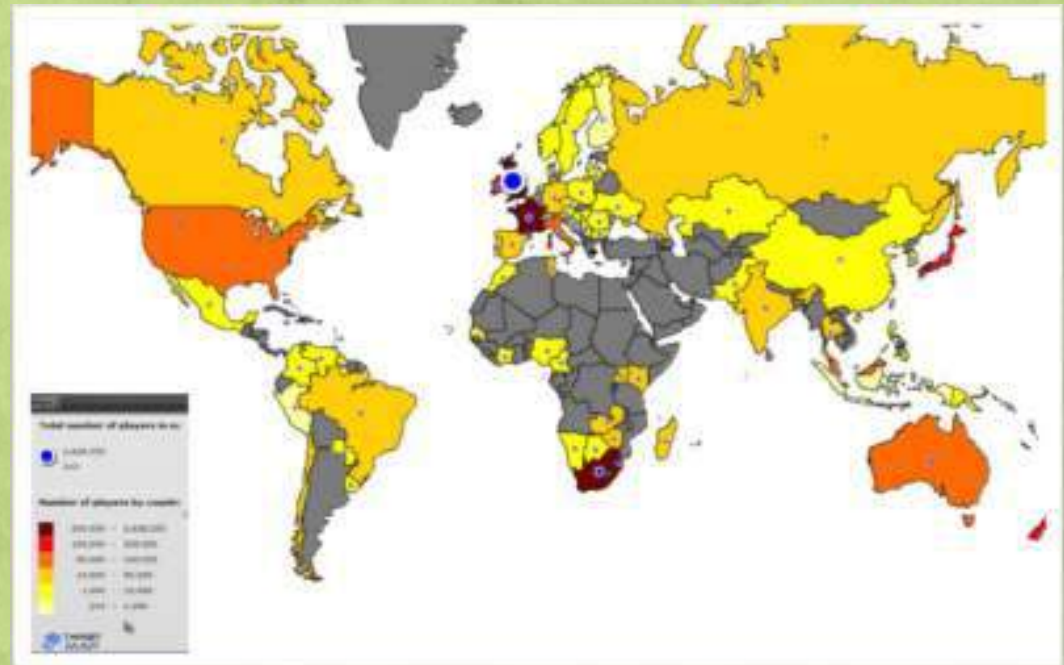
- Youth Rugby Promo
 - [2015](#) (short) [2012](#) (longer)
 - [Non-Contact Fun!](#)
- Clubs around the World
 - [Flag Rugby explained in Europe](#)
 - [Promo from Canada](#)
 - [Harelquins](#) (Pennsylvania)
 - [Highlights from Portugal](#)
 - [Benefits in Columbia](#)
- Heart-Pounding Inspiration
 - [Character Building](#)
 - [Power of Youth Rugby](#)
- Local Rugby
 - [SYA Videos](#) (4 total)



Rugby on International Scene



- Played in over 120 countries worldwide
 - Americas: Argentina, Canada, United States
 - Africa: Namibia, South Africa
 - Europe: England, France, Ireland, Italy, Portugal, Scotland, Wales
 - Oceania/Asia: Australia, Fiji, Japan, New Zealand, Somoa, Tonga
- 2nd most popular sport in the world



Rugby Around the World: Australia



Did You Know?



- Australia is the only country in the world that covers an entire continent.
- More than one third of Australia is desert.
- Australia has 576 national parks to protect its unique plants and animals.
- The capital city is Canberra.
- There are 36 species of poisonous spiders and 20 species of venomous snakes.

Rugby Around the World: Japan



Did You Know?

- Japan is an archipelago or string of 6852 islands. The four largest islands are Honshu, Hokkaido, Kyushu and Shikoku.
- More than 127 million people live in Japan.
- Almost 80 per cent of Japan is covered in mountains, the tallest being Mt Fuji.
- More than 1000 earthquakes happen in Japan each year.
- People first came to Japan more than 30,000 years ago. At that time the main islands were connected to Siberia and Korea by bridges of dry land.
- Emperors used to control Japan until the 12th century AD, when military rulers, called shoguns, took over.



Rugby Around the World: England



Did You Know?

- England is one of the four nations that make up the United Kingdom or as it is commonly called, the UK.
- The northwest of England has dozens of lakes. These lakes were left behind when the Ice Age glaciers melted.
- England's capital is London and more than 12 million people live in the greater London area.
- The world's first public zoo opened in London in 1829.
- Queen Elizabeth lives in Windsor Castle, which is both the oldest and largest royal residence anywhere in the world that is still being used as a royal residence.
- French was the official language of England until the 14th century.



Rugby Around the World: Canada



Did You Know?

- The capital of Canada is Ottawa, although the largest city is Toronto.
- Canada is a North American country that has ten provinces and three territories.
- It spreads across more than half the Northern Hemisphere, crosses six time zones and is the second largest country in the world.
- Canada's lakes and rivers contain about 20 per cent of all the fresh water on earth.
- It has 41 national parks and 3 marine conservation areas.
- People mainly speak English and/or French



Rugby Around the World: Namibia



Did You Know?


- Namibia, officially the Republic of Namibia, is a country in southern Africa. The western border is the Atlantic Ocean.
- It has a population of 2.1 million people and the capital city is Windhoek.
- After Mongolia, Namibia is the second least densely populated country in the world.
- The Namib, the world's oldest desert, is in Namibia. It is about 80 million years old and has the world's highest sand dunes. It is sometimes called the Living Desert because of its wide range of animal life.
- Between 2,500 and 3,000 cheetahs live in Namibia.
- The world's largest underground lake, Dragon's Breath Lake, is in Namibia and its surface area is about 2ha.



Rugby Around the World: Tonga



Did You Know?

- 
- Tonga is officially known as the Kingdom of Tonga.
 - It has more than 176 islands scattered over 700,000 square kilometers of ocean in the South Pacific. Fifty-two of the islands are inhabited.
 - The capital of Tonga is Nuku'alofa.
 - Rugby union is the national sport in Tonga, and the national team ('Ikale Tahi, or Sea Eagles) has competed in five Rugby World Cups since 1987.
 - More than 70 per cent of the 101,991 inhabitants of the Kingdom of Tonga live on its main island, Tongatapu.
 - The Tongan language is the official language of the islands, along with English.

Rugby Around the World: Fiji



Did You Know?



- Fiji is in the South Pacific and has more than 333 island, although most people live on Viti Levu, which is the largest island.
- The capital of Fiji is Suva.
- Nearly half the nation of Fiji is covered in rain forest.
- The main languages spoken in Fiji are English, Fijian and Hindustani.
- More than 842,000 people live in Fiji.
- It has 28 airports but only 3 of these have paved runways.

Rugby Around the World: Italy



Did You Know?

- Italy is a boot shaped peninsula that juts out of southern Europe.
- The capital city is Rome, which is home to the Colosseum. The Vatican City, where the Pope lives, is also in Rome.
- Throughout Italy, millions of birds stop to rest during their annual migration to Africa.
- Italy was founded around 1200 BC.
- Octavian was the first sole emperor of Rome. He took power in 27 BC and took the name Augustus Caesar.
- Italian art, architecture and culture have had an impact around the world.



Rugby Around the World: New Zealand



Did You Know?

- New Zealand's closest neighbor is Australia, which is more than 1600km away.
- The North, South and Stewart Islands were created more than 23 million years ago when land was thrust out of the ocean by volcanic forces.
- New Zealand has more than 50 volcanoes, some of which are still active.
- The highest mountain in New Zealand is Aoraki/Mt Cook in the South Island, which rises to 3754m.
- Fewer than 75,000 wild kiwi birds are left in New Zealand.
- The New Zealand "All Blacks" won the first ever Rugby World Cup in 1987.



Rugby Around the World: United States



Did You Know?

- The United States of America is the third largest country in the world and has a population of 310 million people.
- Its capital city is Washington DC, which is where the President lives in the White House.
- The bald eagle is the national bird and symbol of the United States. Our rugby team is named after this majestic bird.
- Some of the major natural attractions are the Grand Canyon, Yosemite Valley and the Mississippi River.
- The United States comprises of 50 states and one federal district.
- Baseball has been regarded as the national sport since the late 19th century but American football, basketball and ice hockey are also popular.

