

# FCPS In-Service – Rugby-based Activities

## INTRODUCTION

Why should you want to learn to instruct rugby in your curriculum?

- Requires no prior knowledge of the game to teach!
- Incorporate rugby skills into games you're already playing!
- Can be played in any open space, indoor or outdoor
- Minimal instruction to students prior to starting exercise
- Children start on a level-playing field – most have never played before



Educators have latitude to develop their own curriculum choosing from the demonstrated drills/activities and the ones on the games/skills packs. PE Teachers can tailor games and activities as they see fit.

- Use a gator ball, rugby ball, or other type ball in these activities
- Choice of using flags or two-hand tag – whatever your school is comfortable with
- Flexible teaching options introducing FCPS Learning Topics:
  - o “Throwing & Catching”, “Offense & Defense”, “Kicking & Punting” (opt.)

Our objective will be to provide demonstrations that cater to specific age groups by showing a few introductory games-based drills with a goal of reaching a particular skills goal in 2-3 weeks.

## SKILLS GOALS FOR EACH AGE GROUP (BY 3<sup>rd</sup> WEEK)

### **K-2 Grades**

- Good Underhand Pass
- “Chase, Flee & Dodge” & “Throwing & Catching”
- “Backwards passing running forwards games”

### **3-4 Grades**

- “Ultimate Tag”
- Move forward, pass backward

### **5-6 Grades**

- “Ultimate Rugby”
- “Offensive & Defensive”
- Multiple pass types (underhand pop & spin)

### **7-8 Grades**

- “Flag Rugby”
- Pass down length of line / Depth Running
- Team Strategies

Benefits of using rugby-based activities:

- All students will run, pass, and score
- Stress underhand passing
- Emphasis on continuous activity
- Games-based activities can be tailored by grade/age

## VARIETY OF WAYS TO START ACTIVITIES (sample games)

### **4-6 Lines**

- [Relay Races](#)
- [Line Passing](#)
- 1v1, 3v1, [3v2, many vs. many](#)

### **Medium to Large Circles**

- [Circle Passing](#)
- [Hot Potato](#)
- Duck, Duck, Goose!
- [Rugby Baseball](#)

### **Field Play / Indoor Gym play**

- [Flag Tag / Freeze Tag](#)
- Ultimate Tag
- [Sharks & Minnows](#)
- [Ultimate Rugby](#)

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## MORE INFORMATION & POINTS OF CONTACTS

### Rugby in Fairfax County

- Dave Welch (FCPS PE teacher, Dranesville ES)
  - o Using rugby-based activities for past ~5 years
  - o Provides experience building connection between rugby, FCPS Standards of Learning, and the elementary pacing guide
  - o Email: [DEWelch1@fcps.edu](mailto:DEWelch1@fcps.edu)
- Robert Lymburner (SYA Rugby Commissioner, in Centreville, Chantilly & Clifton)
  - o Email: [syarugby@verizon.net](mailto:syarugby@verizon.net)
  - o Web: [syarugby.org/teacher-resources/](http://syarugby.org/teacher-resources/) ← **PE Teachers Start here**
    - SYA website includes “**PE Teacher Resources**” area containing: printable activity & skills cards, description of activities, links to videos, sample lesson plans, school case studies, and information tailored for FCPS PE Teachers!
  - o Program Social Media Pages: [Facebook](#), [Twitter](#) & [YouTube](#)



### Throughout Virginia

~10-12 youth associations draw from Fairfax County to include: SYC (Springfield), Alexandria, Vienna, Arlington, CYA (Chantilly), PAC-Bailey's, FPYC (Fairfax Police), Langley-McLean, Great Falls, Prince William, Fort Hunt, NOVA, and **SYA Youth Rugby** (Southwestern Youth Association in Centreville, Chantilly)

~24 youth programs offering rugby across the State of Virginia to include Loudoun, Richmond, Culpeper, Rappahannock, Virginia Beach, Newport News, Winchester, Warrenton, Roanoke, and Blacksburg.

- Rugby Virginia [www.rugbyvirginia.com](http://www.rugbyvirginia.com)



### Rookie Rugby Program

Developed by USA Rugby, the Rookie Rugby Program was designed to give young players a fun, safe, and enjoyable sporting experience. The rules are simple, the game is easy to learn, and minimal equipment is needed.

- Downloadable Material: <https://rookierugby.com/resources/>
  - o Skill Cards: <https://rookierugby.com/skill-cards/>
  - o Game Cards: <https://rookierugby.com/game-cards/>
- Educational supplies: <https://rookierugby.com/shop/>

