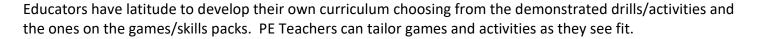
FCPS In-Service - Rugby-based Activities

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



- 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 3rd 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
- <u>Ultimate Rugby</u>



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MORE INFORMATION & POINTS OF CONTACTS

Rugby in Fairfax County

- Dave Welch (FCPS PE teacher, Dranesville ES)
 - Using rugby-based activities for past ~5 years
 - Provides experience building connection between rugby, FCPS Standards of Learning, and the elementary pacing guide
 - o Email: DEWelch1@fcps.edu
- Robert Lymburner (SYA Rugby Commissioner, in Centreville, Chantilly & Clifton)
 - Email: syarugby@verizon.net
 - Web: 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!
 - Program Social Media Pages: <u>Facebook</u>, <u>Twitter</u> & <u>YouTube</u>



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

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/
 - Skill Cards: https://rookierugby.com/skill-cards/
 - o Game Cards: https://rookierugby.com/game-cards/
- Educational supplies: https://rookierugby.com/shop/



Author: Rob Lymburner, syarugby@verizon.net