

WELCOME TO THIS COMPREHENSIVE TEACHING RESOURCE FOR T1 RUGBY.

If you are an early career teacher (ECT) or new to rugby, we suggest you start with:

- Bulletball to T1 Rugby first page of **T1 Rugby Curriculum Maps** to see what a six-week plan will look like
- Go to **T1 Lesson Maps** to choose which age group you are coaching
- Select the activities from the maps in the **T1 Rugby Activities**
- Or just use the **T1 Rugby Lesson plans (6 Lessons)**

If you are a more experienced teacher and want to introduce T1 Rugby, then try starting with:

- Bulletball to T1 Rugby first page of **T1 Rugby Curriculum Maps** to see what a six-week plan will look like
- Use the **T1 Lesson Maps**
- Refer to the **T1 Rugby Curriculum Maps** if you want to change an activity referring to the T1 Rugby Activities

If you are running a PE programme and want to see how the resources fit into this programme, then try starting here:

- Start with the **T1 Rugby Scheme of Work** to reference it against your schemes of work
- Then go to the **T1 Lesson Maps** to see how you might fit activities into your PE programme
- Refer to the **T1 Rugby Curriculum Maps** if you want to change an activity for a skill



HOW TO USE EACH RESOURCE

T1 RUGBY INTRODUCTION LETTER TO SCHOOLS

Start here if you want an overview of the main benefits of including T1 Rugby in your PE programme.

You can also cut and paste the content onto your website or promotional material to drive interest in the programme.

T1 RUGBY LESSON PLANS (6 LESSONS)

Here are six sequential lesson plans based on around 45 minutes of activity to help introduce players in, say, Year 7 or Year 8 to T1 Rugby. Starting with how to score in the game to introducing elements like the tackle-triangle and the T1 Rugby version of scrums, they balance activities and games to provide a lesson framework.

This resource works well alongside **T1 Rugby Lesson Maps**, which show how you can introduce a six-week programme for players of different age groups.

The timings are a guide. They assume you would start with a PE warm-up, perhaps a game like Stuck-in-the-mud.

Depending on the confidence of the players and the staff member, you can use the **T1 Rugby Curriculum Maps** to swap in and out activities. For example, you might decide to swap a more advanced "Apply" or "Challenge" activity with a "Learn" activity if the group needs more support.

The Lesson Plans have activities that will provide more detailed explanations for the 30 activities.

Note that kicking, T1 Rugby scrums and T1 Rugby lineouts are allowed at any age group, but the teacher may not want to introduce them in a block of learning for new players.



T1 RUGBY LESSON MAPS

Use these Maps to align with the players' age group and experience level.

Again, you can swap in activities for each skill based on the Curriculum Maps, and with the younger players, add in T1 Rugby scrums and T1 Rugby lineouts earlier in their journey if you have time.

T1 RUGBY CURRICULUM MAPS

This innovative resource shows how a skill:

- Fits into the game
- Is constructed from preparation to execution to recovery
- Develops through Learn, Apply and Challenge activities

Use these Maps to select activities based on the progress of your players, or to know what to swap into the **T1 Rugby Lesson Maps** for your players.

T1 RUGBY KNOWLEDGE ORGANISERS

This resource aims to support PE lessons as part of the student's curriculum organisation.

T1 RUGBY PE SCHEME OF WORK (EXAMPLE KS3)

This is a supporting document for PE heads to help them integrate T1 Rugby into their curriculum. It is based on best-practice schemes of work.

T1 RUGBY ASSESSMENT SHEETS

If a class needs to be assessed, these sheets will provide the details to observe and record the progress of students.

T1 RUGBY ACTIVITIES (30 ACTIVITIES)

Split into seven areas, here are 30 ways to help develop T1 Rugby skills and understanding.

The activity's name is for reference. We expect teachers to change the names to suit their groups!

They are ordered into:

- Learn: Introducing and building a skill
- Apply: Putting the skill into more game-like situations
- Challenge: Add more layers to the skill

They are a mix of activities where the players have plenty of chances to learn, rehearse, and reinforce a skill, games with a competitive element in developing the skill, and scenarios where the players will see a transfer directly into a game of T1 Rugby.

Each activity has a key skill focus with the preparation, execution and recovery elements outlined.

It then links the skill in the activity into how it allows a player or players to be successful in attack or defence.

The main body of the activity has two or three pictures outlining the set-ups and movement. The pitch sizes are a guide and should be adjusted to suit the players' skills and ages.

There is a description of how the activity works and then ways to add or reduce complexity.

There are ideas on splitting up groups and ways to give players/students opportunities to lead part or all of the activity.

Finally, there are links to similar activities.



T1 RUGBY GAMES

Sessions should finish with a game that resembles T1 Rugby. Depending on the group's developmental stage, you might want to use slightly modified versions, which might not have all the elements because they haven't been covered.

Bulletball and Bulletball Upgrade is a quick-to-set-up game which helps players become more familiar with T1 Rugby.

There are three other versions of T1 Rugby that aim to address different challenges.

Some suggested rule adaptations are included. More experienced coaches, perhaps with more experienced groups, will add their own.

T1 RUGBY SKILLS

Using the PE breakdown of skill execution, understand the movement and technical aspects of a skill.

All players will find their own solutions to completing a skill. However, these breakdowns give a template for teachers to help

- Understand good practice,
- Give points to praise,
- Allow scaffolding of skill,
- Provide points for assessment.

The language is ideally non-technical, perhaps using metaphors.

T1 RUGBY REFEREE TIPS

Here's a quick guide to help referees get T1 Rugby games going quickly.