



**"I LOVED BEING A RUGBY STAR WITH ALL MY FRIENDS ABLE TO PLAY TOO"**

A young person's first experience of T1 Rugby



Dear teacher,

We want to introduce an exciting new non-contact version of rugby union called **T1 Rugby**. We believe it can be a brilliant new addition to your core sports and wellbeing curriculum.

The game is a key part of World Rugby's official offerings: 15 a-side, 7 a-side and now T1 Rugby.

### **T1 RUGBY IN SCHOOLS**

**T1 Rugby** is a non-contact game that retains many of the main elements of rugby, such as passing and evasion.

There's also kicking, uncontested (non-contact) scrums and lineouts, so players can use different strengths to contribute to their team significantly.

### **WHY T1 RUGBY IS AN EXCELLENT FIT FOR YOUR SCHOOL PE PROGRAMME**

- Inclusive: can be played across the genders
- Gets students physically active
- Creates team connections, social skills and confidence
- Opportunities to enhance transferrable fundamental movement skills
- Easy to teach and referee
- Can be played on different surfaces: sports halls, playgrounds, grass
- Chances get young leaders involved
- Only needs a ball to play
- Adaptable so teachers can provide challenge and success for all
- Grounded in the core values of rugby union

### **WANT TO GET INVOLVED AND FIND OUT MORE?**

We have a comprehensive package of World Rugby resources designed by teachers for teachers and young leaders to enable anyone, regardless of previous knowledge or experience, to deliver T1 Rugby with confidence.

There is also a network of community clubs who will be delighted to help along with playing opportunities and further support.

**We look forward to welcoming your school to the T1 Rugby family.**

These resources were created by World Rugby and the RFU.

### **RESOURCE PACK FOR SCHOOLS**

- Curriculum Maps
- Lesson Maps
- Lesson Plans
- Knowledge Organisers
- PE Assessment Sheets
- PE Scheme of Work
- T1 Rugby Activities
- T1 Rugby Games
- T1 Rugby Skills
- Referee Tips

**"Our non-rugby pupils loved this chance to attack space and kick the ball too!"**

PE Lead teacher