

Highland School of Rugby Programme





PROGRAM OVERVIEW

Hello and welcome to the parent information booklet for the Highland School of Rugby Programme

As part of the on-going development of rugby in Inverness-shire, Highland Rugby, Highland Council and Scottish Rugby will be piloting a two year 'School of Rugby' programme which will give pupils the opportunity to improve their physical literacy and rugby skills during the school term, and to enjoy the many benefits that participation in rugby offers.

The School of Rugby will give selected pupils from S1 the opportunity to train in a rugby environment for 2 periods of school time per week for the first years of their secondary school life. This pilot is designed as a social and academic development program that will not only help young boys and girls develop as players, but also aid them in their physical, social, emotional and academic development in their first years in secondary school.

The inclusion of Highland RFC & Highland Council, one of the driving factors behind this pilot, will ensure a sustainable link is created from school to club and will enhance and develop the current school pathway from primary school rugby to secondary school rugby. The School of Rugby will be supported by Scottish Rugby as part of the successful partnership with Highland RFC.

Sport can play a powerful role in providing the catalyst to improve the quality of life for young people in communities across Scotland. Rugby can offer potential life changing opportunities to enhance education and skills, improve health and wellbeing and fosters an ethos of teamwork; discipline and respect for officials, opponents and team mates.



WHAT IS THE SCHOOL OF RUGBY?

The School of Rugby is first and foremost a pilot programme that helps more pupils enjoy the benefits that participation in rugby brings and develops the social and academic skills of a select group of young boys and girls attending their first year of Secondary School. It does this through developing these skills in a rugby environment and applying them in their school work and social life.

Like many activities, the skills that apply to rugby such as communication, following instructions, being creative and problem solving can be applied to situations in a classroom, in the playground, at home or in the street.

For many young children, rugby is an activity that captures the imagination and brings joy and happiness to their life. For this reason we use the sport to engage with the individuals and help them learn in a way that other subjects and situations cannot.

The School of Rugby will also support pupils from S2 to S6 where they will have the opportunity to develop their rugby skills through curricular PE, and their after school rugby with the creation of teams and the opportunity to represent their school at local and national events.

HOW DOES IT WORK?

A UKCC Qualified Coach will be responsible for the day-to-day delivery and the co-ordination of the pilot. Coaching takes place during school time after an appropriate timetable is developed and agreed upon by School &

Sessions delivered by the coach will aim to assist with the development of the curriculum for excellence outcomes including pupils' ability to communicate effectively, be responsible for their actions, contribute to their own and others learning experiences and become more confident individuals.

There will be 2 'School of Rugby' sessions per week. One will take place during existing Physical Education lessons, and the 2nd will be an extra-curricular session.

Supported by their teachers, youngsters will be expected to ensure that they stay up-to-date with their studies. Should there be any cause for concern on behalf of the teacher regarding a youngster missing classes and falling behind they will be removed from that timetabled School of Rugby period for the duration of that rotation.

Should there be significant cause for concern regarding a participant underachieving in academic performance across a range of subjects, the School will reserve the right to remove them from the entire School of Rugby programme.

Monitoring and Evaluation

In order to monitor the effectiveness of this programme on the players we will use the following:

- Skills Tests
- Parents Evenings
- Academic Report Cards
- Guidance Reports
- Attendance Figures



Content

The coaching sessions be made up of 5 main components which support the Scottish Rugby Union's long term player development (LTPD) strategy. These are:

- Technical Skills (catch, passing, evasion, tackling, support, etc)
- Game Sense Skills (decision making, defending, attacking, 2v1, etc)
- Physical Skills (agility, stamina, strength, speed etc)
- Mental Skills (mental strength, focus, discipline)
- Lifestyle Management Skills (developing good habits, health and nutrition etc)

The coach delivers these components in a clear and enjoyable way through the 'School of Rugby Curriculum' developed by Scottish Rugby Union.

Timetable

As mentioned timetables will rotate on a semi regular basis. Here is an example of how the School of Rugby might look:

	Period 1 08:55 - 09:45	Period 2 09:45 - 10:35	Period 3 10:35 - 11:25	Interval 11:25 - 11:40	Period 4 11:40 - 12:30	Period 5 12:30 - 13:20	Lunch 13:20 - 14:05	Period 6 14:05 - 14:55	Period 7 14:55 - 15:45	After-School 15:50 - 17:00
Mon	SCHOOL OF RUGBY	SCHOOL OF RUGBY								
Tues										
Wed										
Thurs										SCHOOL OF RUGBY (GIRLS)
	Period 1 08:55 - 09:45	Period 2 09:45 - 10:35	Period 3 10:35 - 11:25	Interval 11:25 - 12:10	Period 4 12:10 - 13:00		After-School 13:00 - 15:00			
Fri							SCHOOL OF RUGBY (BOYS)			



THE 'SCHOOL OF RUGBY' CONTRACT

At the outset of the school of rugby youngsters and parents will be asked to sign a contract which sets out the following:

- Participants will work hard in all their academic studies stay up to date with their school work / homework throughout the programme.
- Participants will show respect to all those around them in and out of the 'School of Rugby' programme including coaches, fellow SOR participants, opponents, classmates and teachers
- Participants will give their best effort in all 'School of Rugby' sessions.
- Participants give their utmost effort to attend extra-curricular rugby sessions and to represent the school in both competitive rugby opportunities and other sporting opportunities if selected by the school.
- Participants will set an example for the rest of the school with regards to School Uniform.
- Participants will attend prepared with correct kit. (Boots, trainers, shorts, SOR hoody, SOR jersey)