

# Rugby Skills 11 Course Outline

This course is designed to promote safe rugby and progress beyond the generalized knowledge and skills developed in Physical and Health Education 10. The topics covered in this course will align with those in the World Rugby Passport and Rugby Canada PlaySmart guidelines. Students will satisfy the requirements of the Rugby Ready program and World Rugby Law Exam. The skills taught will see a progression from beginner to intermediate skill level. The students will demonstrate understanding of the game through program design as well as video and statistical analysis.

## **Requirements:**

- PE 10 should be taken as a prerequisite or concurrent with this course. If PE 10 was not completed for medical reasons, the student should consult with a medical professional before enrolling.
- Work Ethic: Students will be expected to participate to the best of their abilities each class. This includes developing the leadership skills necessary to inspire other athletes.
- Initiative and responsibility: Students are expected to make up any missed classes on their own time, which means making up sessions during lunch, after school or Wise Block.

## **Equipment:**

Basic PE strip is a minimum requirement, but rugby cleats are recommended depending on conditions. Mouth guards are required for contact drills. A track suit is recommended for inclement weather.

**Effort Mark:** will be evaluated according to the NorKam CARES effort matrix which is posted in the classroom.

**Core Competencies:** will be evaluated using self-assessment. Students will consider their own development in the areas of:

- Communication
- Critical Thinking
- Creative Thinking
- Social Responsibility
- Personal Identity
- Personal Awareness





## Assessment

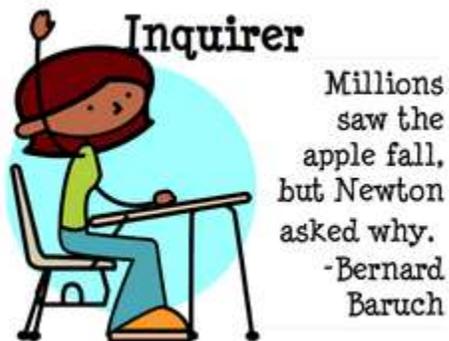
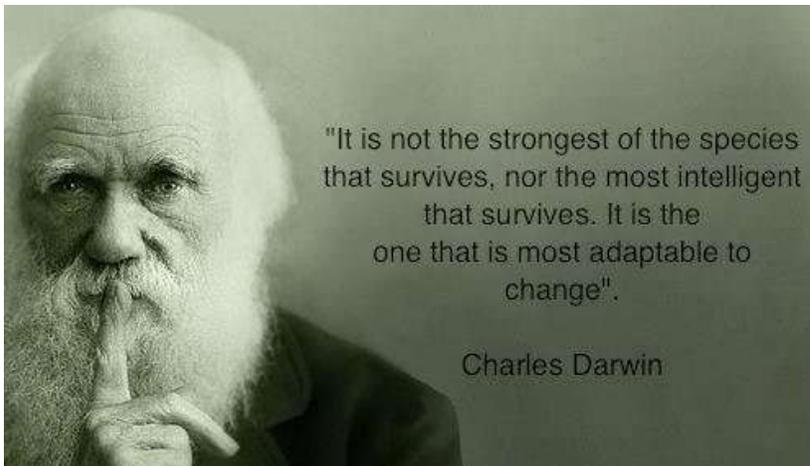
**Formative assessment:** will consist of informal observations during class, and practice quizzes on kinesiology as well as rugby strategy and laws. Formative assessment does not count towards the final mark.

**Summative assessment:** will consist of unit tests, training programs, and fitness and skill assessment. There will be rewrite opportunities for unit tests. However, corrections on formative and summative work are expected in order to qualify for a retest.

**Curricular Competencies:** skills that all students are expected to develop in this course. They will be assessed during classes in each unit and consist of:

- Safety and Injury prevention
- Rugby Training and Physiology
- Rugby Laws and Strategy
- Social responsibility

**NorKam attributes:** students are expected to demonstrate the attributes of Global Citizenship, adaptability, and inquiry. These attributes will be incorporated into the rubrics of student projects.



**Course Content:**

Content is organized into the following units which will be equally weighted:

Unit	Big Ideas	Elaborations
Safe techniques	Promoting safety in a contact sport like rugby requires special attention to key technical skills.	Functional level of competence in rugby-specific motor skills
		Progression of drills for skill acquisition
		Specialized techniques designed for safety in key phases of the game
Kinesiology	Knowing how our bodies move and function helps us with identification and rehabilitation of injuries.	Differences between the body's different energy systems
		Types of muscle groups and muscle fiber types
		Skeletal system, including advantages and disadvantages of different joint types
		Different types and functions of connective tissue
Training strategies	Following a specialized training program can help us prepare for the rigor of a rugby match.	Frequency, Intensity, Time & Type (FITT) Principle
		Specific Adaptation to Imposed Demands (SAID) Principle
		Effects of different types of fitness activities on the body, including developing skills for injury prevention
Nutrition	Following a customized nutrition plan can help us reach our health and fitness goals.	Proper nutrition essential for peak performance of an athlete
		The roles that fats, carbohydrates and proteins play in fueling the human body
		Strategies for hydration before, during and after a match.
Rugby Laws & Strategy	An understanding of rugby laws and strategy can help us prepare for playing with fairness and enjoyment in mind.	Law changes from past to present and how these changes came about
		The principle of continuity and how to maintain it through skills such as offloading
		Statistical techniques for analyzing game data such as ball retention and turnover ratios