



CANADIAN OLYMPIC ACTIVITY CHALLENGE



RUGBY

Rugby is a full-contact sport that evolved from soccer. There are two different forms of rugby: Union and Sevens. Rugby Union has been included in the Olympic Games four times: 1900 in Paris, 1908 in London, 1920 in Antwerp, and 1924 in Paris. In 2009, the International Olympic Committee voted to include Rugby Sevens for men and women at the 2016 Rio de Janeiro Olympic Games.

Rugby Union has 15 players per side, whereas Rugby Sevens has seven. A match begins with a kick-off. The goal of rugby is to move the oval-shaped ball forward by running with the ball or kicking. Players may not pass the ball forward, only to the side or backward. Only the player with the ball can be tackled, and then they must release the ball and the play continues.

There are four ways in which a team may score points in rugby. A team scores five points when the ball touches the ground in the opponent's end zone. This is called a try. After scoring a try, a team has a chance for a two-point conversion, which is a kick through the upright goal posts. A drop goal is a drop kick through the opponent's uprights at any time during play. This scores three points. Following an infraction, a team gets a chance to score three points by place-kicking the ball through the opponent's uprights.

Rugby is similar in some ways to football. The biggest difference is that play is not stopped in rugby as often as it is in football. Rugby is an action-packed game of running, throwing, kicking and catching.

To learn more about rugby or to find a local club please visit www.rugbycanada.ca.



SCHOOL PROGRAM



FEATURED COUNTRY

GREAT BRITAIN



Rugby existed in Europe in various forms since the 15th Century. Students at the Rugby School and the University of Cambridge, both in Great Britain, first documented the rules of rugby. This happened sometime between 1845 and 1848. The first international match was played between Scotland and England in 1871.

In Great Britain today, almost 250,000 people are involved in rugby as players, coaches, match officials or volunteers. The Champion Schools tournament is open to every secondary school in England, Wales and Scotland, and shows the growing popularity of the sport. More than 1,600 teams participate in two age groups for boys and girls. It is the largest Rugby League competition in the world.

FEATURED ATHLETE



CAROLINE CROSSLEY

PAN AMERICAN GAMES MEDALLIST

Known for her high-flying restarts, Caroline Crossley has been soaring since her Canadian National Team debut in 2015. Caroline has helped the Women's 7s team win gold at the 2019 Pan American Games as well as achieve podium finishes at numerous stops of the World Rugby Sevens Series. At the 2018 Commonwealth Games, Caroline scored the first ever try in the Women's Rugby Sevens competition. In 2018 Caroline was nominated for Rugby Canada's Women's Rugby 7s Player of the Year.

To learn more about Caroline please visit www.olympic.ca

RUGBY

ACTIVITIES

Described below are Daily Physical Activity rugby activities that can be used in the classroom and gym. Have fun!

CIRCLE PASSING

The game of rugby is a fast-flowing game and is known for the way the play flows. Multiple passes are made to get the ball to players standing in open space so that they can run up the field to score points. A lateral pass is the preferred pass in rugby. It is the most direct and efficient pass. Players in rugby need to be good at passing to their left and right at any time!

 **Participants :** Groups of 6-8

 **Space :** Classroom or gym

 **Equipment :** 1 rugby ball or other small ball per group

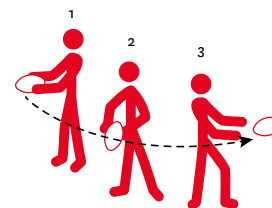
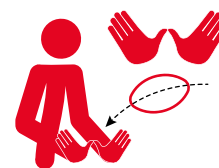
STARTING SKILLS:

CATCHING CUES

1. Form a “W” with both of your hands by placing your thumbs together and fingers wide.
2. Keep your eyes on the ball, all the way from the thrower’s hands to your hands as the receiver

THROWING CUES

1. Hold the ball with both of your hands. Point your fingers along the length of the ball.
2. Look at the receiver and pass the ball across your body.
3. Follow through by pointing your hands at the receiver, and release the ball.



ACTIVITY DESCRIPTIONS:

- Stand in a circle no more than a metre apart from your group members. Your back should be facing the centre of the circle.
- Start by passing the ball around the entire circle without dropping the ball. At this point the ball is not in the air at all. It is being passed directly from your hands to the person next to you. Practice making the “W” with your hands to receive the ball.
- Call out the number of passes you have made together.
- If a ball is dropped, the passing and number counting starts again until the ball makes it all the way around the group.
- Once the ball makes it around the circle three times, call “change”, changing the direction the ball is being passed.
- Try to move faster, speeding up the amount of time it takes for the ball to travel around the circle each time


ACTIVITY EXTENSIONS:


- Add some pressure! Time how long it takes for the ball to be passed around the circle a set number of times.
- Have two groups race against each other for time.
- Start catching! With your back to the inside of the circle, take a small step forward, creating a bigger space between you and your peers. Challenge yourselves to start tossing and catching the ball with one another around the circle.

TIME FOR A TRY

Not many people know that North American football came from the game of Rugby. Unlike football, in rugby the ball has to be grounded to score points. This involves the player touching the ball to the ground once they run over the try line. If the ball is simply carried or dropped over the line no points are scored. This activity lets you practice grounding the ball.

 **Participants :** Groups of 4 or 5

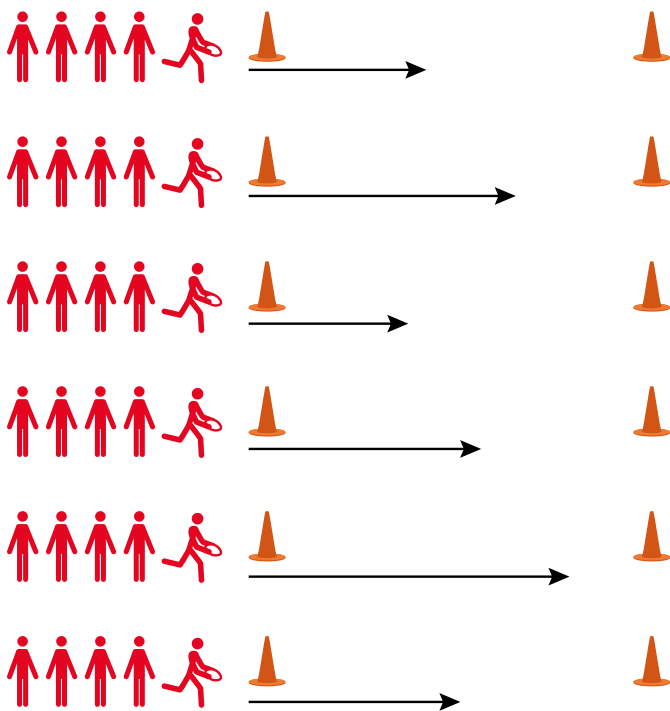
 **Space :** Hallway, gym or large space

 **Equipement :** 2 pylons per group, 1 rugby ball or small ball per group, a whistle

SET-UP:

- Using pylons, identify the start and finish point 8-10 metres apart from one another.

ACTIVITY DESCRIPTIONS:



- Line up each group in single file behind their starting pylon.
- Provide a ball to the first person in each group.
- At the sound of the whistle, the first person in each group begins running forward with the ball. Keep both hands on the ball.
- Once you reach the pylon 8-10 metres away, “ground the ball” by touching the ball to the ground with 2 hands and shouting “TRY”. Run back to your group to hand over the ball to the next person in line.


ACTIVITY EXTENSIONS:


- Create a ball handling challenge! Pick a challenge for the ball carrier to do while they are running to score a try. As an example, make it so that everyone must pass the ball around their body twice while they are running. Another challenge might be to throw the ball in the air and clap before catching it again. Have fun coming up with these ball handling challenges.
- Run forward, in a zig-zag pattern, changing directions at least twice before ending up at the pylon.

FOLLOW THE LEADER

Rugby is a fast-moving running game. The whole team must follow and support the ball carrier. That way they are ready to receive a pass if the player with the ball is stopped or tackled. This activity builds the skills needed to support the ball carrier and take a simple pass to the left or right.

 **Participants :** Groups of 5-6

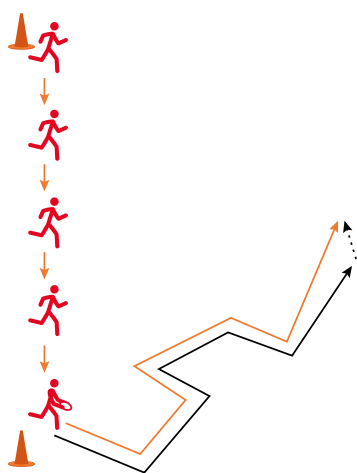
 **Space :** Gym or large space

 **Equipement :** 4 pylons for the first group, 2 pylons for each additional group, 1 rugby ball or small ball per group, 1 whistle

SETUP:

- Using pylons, set up as many 5 x 5 metre grids as needed.

ACTIVITY DESCRIPTION:



- Each group should go to one grid with their group's ball.
- Identify a leader to start with the ball.
- Once the whistle is blown, the leader/ball carrier can run or walk in any direction within your team's grid.
- The rest of the group must do their best in a line to follow the snake-like movement pattern the leader is taking.
- When your teacher calls "pass", the leader must stop and hold the ball out to one side so that the next player can take the ball from their hands and continue running, becoming the new leader.
- After passing the ball off, the student joins the back of the group.
- Continue moving in this way, zig zagging around and passing the ball off when told to.

ACTIVITY EXTENSIONS:

- If space permits, enlarge the size of your grids, allowing the pass to be made over a greater distance with the supporter taking a slightly wider route to receive the pass.
- Challenge your group to position supporting athletes to the left and right of the ball carrier. The teacher can now call "pass left" or "pass right", challenging your group to communicate throughout the drill.

BRINGING IT TO THE CLASSROOM

Much has changed since rugby was last played at the Olympic Games in the 1920s. Back then, the game was thought to be far too rough for women. There was fear that women would get hurt and not be able to have children. Science has since proven that these fears were unfounded. Imagine that you were back in the 1920s. Write a letter to the International Olympic Committee arguing why it is unfair to not let women play the same sports as men.

Some sports become very important to a particular country. For instance, rugby is highly valued to Great Britain, New Zealand and South Africa. The sport becomes part of the country's culture. Use the Internet to research your favorite sport. What country really values that sport? Draw a poster or write a short speech describing the sport and why it is important to that country.