



BAA Course: RUGBY 10

District Name: Cowichan Valley

District Number: 79

Developed by: Brad Skene

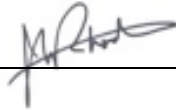
Date Developed: May 10, 2013

Schools Names: Cowichan Secondary, Frances Kelsey Secondary, Chemainus Secondary, Lake Cowichan Secondary, Cowichan Valley Open Learning Co-operative

Principal's Name: Mr Charlie Coleman, Mr Jeff Rowan, Mr James Doyle, Ms S Peterson, Ms Marilyn Sandford, Mr L Mattin, Ms N Boucher

Board/Authority Approval Date: September 25, 2013

Board/Authority Signature



Course Name: Rugby 10

Grade Level of Course: 10

Number of Course Credits: 4

Number of Hours of Instruction: 120

Prerequisite(s): None

Special Training, Facilities or Equipment Required:

Rugby balls, contact shields, game tapes, field space

Course Synopsis:

The purpose of this course is to provide students with the opportunity to gain a deeper understanding and appreciation for the sport of rugby. Rugby 10 is designed to allow students to focus specifically on one sport. Through this focus students will gain an enhanced awareness of the complex nature of sport, elements of training, kinesiology, physiology, rugby specific skills, technical knowledge of rugby, a tactical understanding of rugby and demonstration of fair play.

Rationale:

Rugby 12 is an activity-based course. It is expected that students will be active participants in this Physical Education class. Through this in-depth study of rugby students will demonstrate an active and healthy lifestyle while developing a greater understanding of the sport of rugby. This enhanced understanding and knowledge will contribute to the students continuing active and healthy habits for a lifetime. By affording students an opportunity to analyze one specific sport, students will be

able to study kinesiology, physiology and training techniques with increased detail. For example, students will develop movement skills, introduced during general Physical Education classes, into rugby specific movements. By studying a specific sport, students will also gain an appreciation for the complexity of sport at an elite level. In addition, this course will allow students the opportunity to acquire evidence and documentation to add to their graduation transition plan. Finally, students will gain valuable practice and experience for future education or training and careers in the area of sport and recreation. By completing this course students will develop sufficient technical competence to coach at an introductory level.

Organizational Structure:

Unit/Topic	Title	Time
Unit 1	Skill Development	40
Unit 2	Training Programs and Techniques	40
Unit 3	Game Play	20
Unit 4	Technical Knowledge	10
Unit 5	Tactical Knowledge	10
Total Hours		120

Curriculum Organizers and Learning Outcomes

Unit 1: Skill Development

The student will be able to:

- Introduce/continue the development of passing at a novice level which includes several variations (pop, spin, scrum-half)
- Introduce/continue the development of kicking at a novice level (punts, drop, free, goal, penalty)
- Introduce/continue the development of catching at a novice level (kicked, thrown ball)
- Develop footwork and running lines at a novice level
- Develop unit skills which include scrum and line-out at a novice level

Unit 2: Training Programs and Techniques

The student will be able to:

- * Identify the benefits of active living
- * Demonstrate a willingness to participate
- * Identify and explain the effects of exercise on the body systems before, during and after exercise
- * Understand the relationship between rugby and aerobic fitness, anaerobic conditioning, muscle endurance, strength and flexibility
- * Participate in aerobic fitness, anaerobic conditioning, muscle endurance, strength and flexibility programs as each relate to rugby

- * Understand recovery and revitalization techniques

Unit 3: Game Play

The student will be able to:

- * Apply rugby specific motor skills in game activities
- * Select and apply rules, routines, and procedures of safety during rugby
- * Demonstrate etiquette and fair play
- * Identify and demonstrate positive behaviors that show respect for individual's potential, interests and cultural background
- * Participate and demonstrate rugby skills in modified non-contact games which lead into full rugby games

Unit 4: Technical Knowledge

The student will be able to:

- * Understand the Laws of Rugby as they apply to a regular game of rugby
- * Understand and explain the mechanics and forces of the scrum
- * Understand and explain the mechanics and forces of the line-out
- * Demonstrate the ability to breakdown and to explain fundamental skills (such as passing, catching, kicking) verbally and in writing
- * Demonstrate the ability to explain verbally and in writing positive and negative execution of a rugby skill

Unit 5: Tactical Knowledge

The student will be able to:

- * Identify and explain elements of positive rugby which include possession, territory, and contest
- * Identify, explain and apply mismatches in offense and defense
- * Identify, explain and demonstrate positive and negative choices related to skill use and play selection

Instructional Component:

Course time will be divided among classroom instruction, field sessions and training sessions in the weight room, in the gym or on the track.

Classroom instruction will focus on best practices:

- * Student centered learning
- * Purposeful and relevant content and tasks
- * Co-operative learning opportunities
- * Upper level and critical thinking skills

Assessment Component:

May include but not limited to the following:

Student assessment portion:

- * Self evaluation on tasks
- * Self evaluation on assignments
- * Self evaluation on skills tests

- * Daily 5 Point Scale
- * Peer evaluation of group projects

Teacher assessment portion:

- * Daily 5 Point Scale
- * Training Log
- * Submitted assignments
- * Written tests
- * Skill tests

Learning Resources:

May include but not limited to the following:

- Laws of the Game: Rugby Union 2007 – International Rugby Board (IRB)
- National Coaching Certification Program Technical Manual – Level I
- National Coaching Certification Program Technical Manual – Level II
- National Coaching Certification Program Technical Manual – Level III
- Rugby Canada Risk and Safety Management For Referees and Coaches
- National Coaching Certification Program: Introducing the Game Coaches Manual
- Rugby: Steps to Success by Tony Biscombe and Peter Drewett (1998)
- Rugby for Real: The Common Sense Training Manual by Chris Sheryn (2004)
- Total Rugby by Jim Greenwood (2003)
- Think Rugby: A Guide to Purposeful Team Play by Jim Greenwood (1993)
- The Psychological Edge in Rugby: Leadership and Motivation in Coaching Team Sports by Michael Gourlay (2003)
- Coaching for Character by Craig Clifford and Randolph M. Feezell (1997)
- Catch them Being Good by Tony DiCicco and Colleen Hacker (2002)
- Videos

Additional Information:

N/A