

CALLING ALL SHAPES, SIZES, SKILLS AND CHARACTERS



At a glance

- What animal characteristics correlate to Rugby playing positions?
- How can Rugby help shape positive character traits in players?
- What Rugby playing position are you best suited to based on your personal strengths?
- What is a typical team formation in a traditional 15-a-side game?
- What are the main roles of forwards and backs?
- Why is it better to be a champion team than a team of champions?

OVERVIEW

Rugby has a place for everyone on the playing field regardless of shape, size, skill or character. In this learning experience students explore the characteristics and roles of rugby playing positions in the traditional 15-a-side game by associating each position to the qualities of different animals, looking at a team formation, analysing positions which score the Most tries, and reading about forwards and backs. Students will become more aware that rugby is a game for all shapes, sizes, skills and characters.

LEARNING AREA

- Health and Physical Education

FOCUS AREA

- Relationships and sexuality
Strand: Personal, social and community health;
Sub-strand: Being healthy, safe and active (ACPPS001; ACPPS015)
- Strand: Movement and physical activity
Sub-strand: Learning through movement (ACPMP067)

GENERAL CAPABILITIES

- Ethical understanding: Understanding ethical concepts and issues; Reasoning in decision making and actions; Exploring values, rights and responsibilities.
- Personal and social capability: Self awareness.
- Literacy: Comprehend texts through listening, reading and viewing; Composing texts through speaking, writing and creating.
- ICT capability: Investigating with ICT.

STIMULUS

- PowerPoint Presentation – ready to use!
- Rugby animal characteristics (Acknowledgement: Teacher name)

POSSIBLE LEARNING OPPORTUNITIES / TASKS

- Read the Rugby playing position 'animal' characteristics and discuss the variety of positive characteristics required for Rugby.
- Reflect on your personality and strengths; suggest a position suited to you, and discuss and acknowledge others' strengths and talents.
- Look at the team playing formation diagram and the division of positions into forwards and backs.
- Predict which group, forwards or backs, might score the majority of tries; then look at the statistics and discuss what these findings might indicate about the roles of forwards and backs.
- Read the information about forwards and backs and once again reflect on which group you would be best suited to.
- Discuss the statement "It is better to be a champion team than a team of champions" in terms of how it relates to Rugby, and your own experiences in sport and at school.
- Take part in the challenge for students to arrange themselves in a traditional 15-a-side scrum formation within two minutes.
- Discuss how the group approached the challenge e.g. who was an organiser? Follower? Obstructor? What characteristics were demonstrated? Relate the challenge to the importance of teamwork in a game of Rugby.

REFLECTION

Students reflect on the diverse requirements for Rugby playing positions including size, shape, skill and character; how Rugby can help shape positive character traits, and the importance of teamwork

EXTENSION IDEAS

- Find out about the heights and weights of Rugby forwards and backs. Compare to students' heights and weights.
- Research the playing positions and roles in a game of Rugby Sevens. Compare to the 15-a-side positions and roles.
- Find out about the fitness components and training methods required for different Rugby playing positions.

WORKSHEETS

- LP - Match the Rugby animal to its name
- MP - Mix and match – Personal strengths drawing
- UP - Positions and numbers match

ASSESSMENT IDEAS

- LP - Talk about a Rugby position that would match your strengths.
- MP - Design a brochure about Rugby playing positions.
- UP - Write your opinion about a statement related to Rugby forwards and backs.