



Rugby

Key Stage 3

Game Development

Introduction

This game can either be played as tag rugby or touch rugby. It is important to ensure the players' safety at all times. Therefore, tackling is not advised until the players are at an appropriate age and level. To score a try, the team with the ball must reach the other team's try line and ground the ball within six attempts. One attempt will count as a player with the ball having their tag removed or touched.

Inclusion and Accessibility

While we would like all pupils to be included in Physical Education along with the others in their class, this is not always possible when it comes to playing the full version of the sport.

If a pupil has physical disabilities that mean they cannot safely take part in the game along with the other pupils in their class, then this pupil should be given the opportunity to take part in other physical activity. For example, a class could be split into groups, with some pupils practising the drills and others playing the game. The smaller group could practise the skills needed for the sport, or for the disabled version of the sport, alongside the rest of the class. These smaller groups would work in rotation, giving everyone an opportunity to play the sport and practise their skills.

Alternatively, some pupils may prefer to do a physical activity that they are particularly interested in, for example practising the drills needed for a sport they play outside of school.

Tips

- Divide the group up into teams of four or five players, so that the players will have more touches of the ball and more space in the area.
- Use an area of appropriate size for the rugby pitch, depending on the group's ability.
- Remind players that they cannot pass the ball forward, but perhaps this rule could be relaxed initially to allow the game to flow.
- To include all players, use a rule that all players must be passed to before a try can be scored or allow certain players to start with the ball.
- Ensure the time set for each half is suitable for the age and ability of the players.
- Allow players who are of a lower ability to operate in a 'tackle free zone' marked out by cones.



General

- Use a flat, hard playing surface.
- Ensure the adult to player ratio is appropriate so that every player has a chance to be involved.
- Divide players with difficulties evenly between teams.
- Remind players that there is a mixture of abilities on the court and it is important not to run into each other.
- Allow wheelchair users and those with difficulties and impairments more time.
- Make sure that tackling is restricted to appropriate players and make a rule that others can only hold onto the ball for a certain length of time.
- Ensure inclusion by introducing a rule that every player must receive the ball before the team can score a try.

Physical Disability

- Reduce the size of the pitch for players with mobility difficulties.
- Lower the cross bar, if necessary.
- If several wheelchair users are playing, they may need to use a bigger ball.
- If a player is a wheelchair user, place a belt around the side of their wheelchair (use two belts, if necessary, to fit round) then place the tags on the belt.
- Introduce a rule that the players are not able to run at certain times, walking only, to ensure some players have a chance.
- Use a different shaped ball or beanbag, if necessary.
- Ensure cones do not impede wheelchair users; use flat cones.
- Give a player with mobility difficulties more tags as this will give them more chances.
- Use a smaller ball or beanbag if players find it difficult to hold the rugby ball.

Hard of Hearing or Deaf

- Demonstrate the game using a sign language familiar to the player.
- Use a visual sign to show that game time has started or stopped, e.g. a flag or "time out" sign.

Sight Impaired or Blind

- For players with minor visual impairments use a brightly coloured ball that contrasts with the playing surface.
- Ensure that team bibs clearly contrast with each other.
- Make sure that cones and equipment marking the boundaries of the playing area are brightly coloured and clearly contrast with the playing surface itself.
- Use an audible ball (ball that makes a sound) with players who have a serious visual impairment.
- Allow an adult or 'seeing' player to guide them around the pitch using directions or a hand on their shoulder.
- Ensure it is safe for players to make a tackle by removing a tag if a player has a severe visual impairment.
- Give players with severe visual impairment the opportunity to make a tracing a bright line for them to follow on floor using tape and not allowing other players to tackle them.

Useful Links

Irish Rugby Football Union

irishrugby.ie/club/disability_rugby