

juniors

RUGBY WORLD CUP

THEMED PROGRAMME



AIM

Get involved with the Rugby World Cup and learn more about the sport.

The Rugby World Cup is hosted every 4 years and is usually in September/October.

ACTIVITIES



Rugby Skills



The Haka



World Flags



Teamwork



Design a Rugby kit



Tag Rugby



Watch a Rugby Game or
Visit a Stadium

**THE BOYS'
BRIGADE**
>the adventure begins here



RUGBY WORLD CUP

» INTRODUCTION

Hosted every four years, the Rugby World Cup is Rugby Union's centre piece event, with teams from all across the world competing.

The event usually takes place during Autumn, with the 2019 tournament being held in Japan from 20th September to 2nd November. Held over the course of seven weeks, it is the 3rd largest sports event in the world after the summer Olympics and the Football World Cup.

? DID YOU KNOW?

- The winners are awarded the Webb Ellis Cup, named after William Webb Ellis, who according to legend invented rugby by picking up the ball during a football match.
- The first Rugby World Cup took place in 1987 and was hosted by Australia & New Zealand.
- In 2019, 20 teams will play a total 48 matches across 12 different venues.
- The largest rugby ball ever made is 4.709m long, 2.95m tall & 20 times bigger than normal.



GET ACTIVE



15 MINUTES



IN THE
CUPBOARD

GET ACTIVE: RUGBY SKILLS

Get the group active with these rugby skills:

Passing – Teach your group how to throw a rugby ball between players. Remember it must go backwards and can't be dropped. Now line up your group and see how many passes they can complete without dropping the ball. What is the highest score you can reach?

Tackling & dodging – Split your group into two and line them up at either end of the room. On go, one person must try and run from one end of the room to the other without being tagged. A player from the opposite team must try and stop them by tagging them. Make it harder by increasing the number of 'tacklers' in play.

Kicking – Using a soft ball and a target, see if your group have what it takes to be able to drop kick a ball over a distance and hit a target at the other end of the room. World cups have been won from a drop goal, so it's an important skill to have!



GET CREATIVE



20 MINUTES



PREPARATION
NEEDED

GET CREATIVE: THE HAKA

The Haka is the traditional dance performed by the New Zealand team before their matches. Watch a performance on YouTube so the group can see what the Haka is (some will not have heard to this before). The dance has been performed by the New Zealand Rugby Team since 1905.

Discuss with the group why the team does the Haka and what are the players seeking to achieve?

Split the group into groups (maximum of 6 in each group) and ask them to get together and come up with their own Haka dance. Allow them 10-15 mins to do this and then ask them to perform their Haka to the rest of the group. Where appropriate a Leader could record this and play it back to them and/or share as appropriate on social media.



GET LEARNING



20 MINUTES




PREPARATION
NEEDED

GET LEARNING: WORLD FLAGS



The Rugby World Cup is an international event, which brings together 20 nations from around the world. Throughout the tournament, fans from all teams will be waving the flags of their countries. Use these two activities to learn the flags of the competing nations for the 2019 competition.

Quiz -  **Download 'World Flags' Worksheet** – see how many flags from the 2019 Rugby World Cup your group know.

World Flag Biscuits - Recreate some of the flags, by icing a biscuit and then using coloured sweets to make the world flags. Some will be easier to make than others!



GET INTO
THE BIBLE



10 MINUTES



READY
TO GO

GET INTO THE BIBLE: TEAMWORK

Ask your group if they know how many players are on a rugby (union) team? **It's 15**. Can they name any of the positions in rugby? Some examples are **prop, hooker, flanker, scrum half and fly half**.

In a rugby game, just like any other team sport, all the players come together, playing their part to form one strong team. If a rugby team was full of players who were excellent at scoring tries, but not very good at tackling, then it wouldn't make a very good team. A team works well when people with different talents come together and work together. Each person on the team is important and each person must do what the coach says.

Give your group a quick team challenge to see how good their teamwork skills are. Afterward have a discussion to see if they worked well as a team, did they follow instructions, did different people have different talents, which they could share as a team?

Ask your group if they can think of a team in the bible, that worked together with Jesus? **The 12 disciples**. Can your group name the 12 disciples? These 12 disciples became Jesus' team, helping him to spread the good news about who Jesus was. Whilst Jesus started out with 12 people on his team, he is always on the lookout for new team members. Jesus wants us all to be his disciples and join his team, to help tell people about him and live our lives in his way. There is a space for all of us on Jesus' team!



GET CREATIVE



15 MINUTES



PREPARATION
NEEDED

GET CREATIVE: DESIGN A RUGBY KIT

Team colours are an important part of any rugby team and help to identify which team is which on the field.

Let your group get creative, by designing their ideal rugby kit. This could be for their favourite rugby team or nation, a kit designed for their BB group or it could be for a made-up team they wish to create. The choice is up to them.



Download 'Rugby Kit' Worksheet.





GET ACTIVE



20 MINUTES



IN THE CUPBOARD

GET ACTIVE: TAG RUGBY

If you have the space and equipment, then play a game of tag rugby with your children. Tag rugby is a great introduction to the sport, which involves many of the skills, without the full contact.

You will need some cones to mark out your pitch, if playing indoors mark-out try lines at either end of your meeting space using marker cones (approx. 1m from wall). Split your group into two teams. The simple aim of tag rugby is to score a try by grounding the ball over the opposition's try line, although to make the game safer and avoid players going to ground, you could allow players to just go over the try line and hold the ball with both hands in the air and shout 'try'.

The basics of the sport are similar to the traditional game in that you pass the ball sideways or backwards (if they pass forwards then a tap & pass is awarded to the non-offending team) and have four opportunities to score. When tagged the ball carrier must stop running and pass immediately. The ball carrier is allowed a maximum of three (3) steps and three (3) seconds to pass the ball. If they fail to do this then a tap & pass is awarded to the non-offending team at the place of the infringement.

A tap & pass is used to start the game or restart it at the place the ball went out of play or an infringement or changeover took place. The ball may be placed on the ground or held in the hand and on the instruction "PLAY" by the referee, **and not before**, the attacker must tap the ball with the foot, or lower leg, and pass the ball. At a tap & pass the opposition players must retire back towards their own try-line and be at least 1m away.

To stop the other team from scoring you must touch the player with the ball. A legal touch is on any part of the body, clothing or ball and constitutes a tackle (with a light touch/tap – no excessive contact). You can purchase tag belts with tags that can be worn, with a tag being removed constituting a tackle. After four touches/tags the ball is handed over from the attacking team to the defending team. You could change the number of touches/tags required.

You can find out more about Tag Rugby, including full set of rules and variations on how the game can be played at different ages/levels at tagrugby.org.



GET ADVENTUROUS



1 HOUR +



PREPARATION NEEDED

GET ADVENTUROUS: WATCH A RUGBY GAME OR VISIT A STADIUM

Get out of your meeting place and plan into your programme a trip to watch your local rugby team in action. For some of your children, it might be the first time they have ever watched rugby.

Alternatively, if you have a rugby stadium nearby, arrange for a tour of the stadium. See behind the scenes, take a look inside the changing rooms and catch a glimpse of the trophy cabinet.

