

# Rugby



Rugby is considered as a very popular sport in the UK, and it aspires the wider public to get active in the wider community and make a difference in society.

Rugby is very popular due to the accessibility of the sport with minimum funding needed to participate and the ability to access green space to play.

Sports Coaching Group aspires to provide the opportunity for all children to access sport as well as providing an inclusive environment in which to operate. Our experienced and highly trained coaches exhibit an engaging environment where children can strive for excellence whilst also being equipped with the appropriate skills to participate in sport for life.

## Key Stage 1

In this stage of development, we would be looking at the progression of the Fundamental Movement skills of our participants whilst integrating with sports specific skills. Our emphasis will be placed on providing fun activities that evolve around themes which the children can relate to such as superheroes, cars, and animals etc. Our games are aimed at developing critical skills for the children such as agility, balance, and coordination. Whilst also developing key physiological skills such as confidence, commitment, control, communication, and concentration.

## Key Stage 2

In this stage we focus more on sport specific skills with some underlying emphasis still placed on fundamental movement skills. Our activities are always engaging, and we aim to allow the participants to transfer their rugby skills into game related scenarios and provide them with the tools to transfer their skills into other sports.

## General information

Our company always provides a high quality of coaching no matter what sport we provide, and we always encourage and allow children to strive for excellence and inspire them to achieve greatness. However, our main priority is to provide the children with the opportunity to get involved under any circumstance. Inclusion, diversity, and equality are essential in all our lessons, and we strive to equip each child with the appropriate knowledge and skill set to complete and learn to use in and most importantly out of our sessions in everyday life.