



What's unique about Rugby League

Rugby League is a fast, fun game which develops physical and mental skills in a safe and inclusive environment, with a variety of alternate playing formats available to young people. For Secondary School pupils, a combination of contact and non-contact games are available. These should be delivered according to local needs and exposure of the game to the young people. All games will enhance technical and tactical awareness alongside the use of core skills and movements. The content can be adapted by SGOs to meet local needs as a 'for all; or 'targeted' offer, with either mixed or single gender participation. Rugby League has a proud history of teaching respect, resilience and good sportsmanship.

What is the intent of your format



Improve knowledge and understanding of sport and physical activity



Create positive experiences



Develop confidence and competence within physical activity/sport skills

Rugby League is a great choice for schools who want to introduce their pupils to a sport which promotes the positive development of key movement skills and enjoyment of a different game. By putting a ball in their hands, young people immediately have control over what to do with it now, and next in a controlled environment. As they become more experienced and understand the different aspects of the game, they will improve decision making, confidence, communication skills and learn to win and lose with modesty and respect for themselves and others.

Target group benefits



All young people

Delivering Rugby League within School Games will provide an opportunity for all young people to experience a sport which can engage them in lifelong activity. With social, inclusion and a choice of contact or non-contact formats available through community clubs, it is a gateway to a sport that is available to everyone. Many pupils will have their first taste of Rugby League in school as a beginner, which facilitates success for all. The progression from non-contact to contact activity goes hand in hand with developing a deeper understanding of Rugby League and its core game play principles.

It's just not Rugby League if you...

- 1 Don't have a set amount of tackles and stop to play the ball after each one.
- 2 Don't play safely and remain in control of your physical and emotional actions.
- 3 Don't respect your teammates, opponents and the officials.





Rugby League for SGOs

SECONDARY

How to run inter-competition: Offside Touch / Tag RL / IB9s



How to set up

- Rugby League gameplay can be modified and changed depending on the ability, experience and development of the group
- The instructions for each of the three games are on the card so check the size of the area and the equipment needed
- All pupils should have completed development activities to learn the core skills, rugby specific actions and principles of the game before moving into gameplay
- For IB9s, young people must have completed tackle safe training before playing.



Age group

KS3 (11-14 year olds)
KS4 (14-16 year olds)



Gender

Mixed if non-contact tackling.
Single gender if contact tackling.



Participant numbers

5-a-side to 9-a-side depending on the game chosen.



Target audience

Rugby League inter-competition is accessible for all, regardless of ability or experience.

Activities can be adapted to create a 'targeted offer' depending on the needs of the group by choosing activities which meet the needs of the young people participating.



Benefits for YP

Rugby League promotes respect and good discipline for participants. Pupils should always:

- Enjoy taking part
- Improve resilience
- Control physical and emotional actions
- Win and lose modestly
- Aspire to improve by learning a new sport.

Learning the skills needed to play Rugby League will help pupils to develop their movement and thinking skills across a wide range of sports, due to the transferable nature of the core skills of the sport.



Roles for YP

Rugby League games are suitable for engaging with young people as:

- Leaders
- Scorers
- Timekeepers.

For those with advanced Rugby League knowledge:

- Official
- Coach.



Progression

Schools should use these formats to engage a wide selection of young people in Rugby League activity in a fun environment. They should not be used to select or exclude pupils from inter-school activity based on ability if locally organised competitions are held.





Rugby League for SGOs

SECONDARY

Additional support

Rugby League is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each Special Educational Needs and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each National Disability Sport Organisation. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

Physical Literacy

We have designed these formats with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

For further support, look to the Physical Literacy Enactment Guide - Community, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.

NGB regional contacts

- National Education Lead: Andrea Murray andrea.murray@rfl.co.uk
- Senior Education Officer: Jonny Dowler jonny.dowler@rfl.co.uk

Any enquiries about school activity, support and training can be directed to the staff above.

Personal development

- We want to support SGOs with the development of Rugby League skills and knowledge. A bank of printable resources are available via the Rugby Football League website [here](#), and we offer training in-person or online
- For enquiries about free training for Primary School teachers in the delivery of Rugby League, plus additional classroom resources including Young Leaders, Tackle Tech and Match Official resources, please contact either:
 - National Education Lead: Andrea Murray andrea.murray@rfl.co.uk
 - Senior Education Officer: Jonny Dowler jonny.dowler@rfl.co.uk

Where to participate next?

- To locate clubs near you, search [Club Finder](#) to establish school-club links with nearby community clubs
- We would recommend establishing a contact with your nearest Rugby League Foundation who may organise additional local coaching and playing opportunities.

Where to compete next?

- Use the [Club Finder](#) link to find age-appropriate playing opportunities for boys and girls, where they can join a team from U7 upwards and develop their skills and engagement with Rugby League.





Why Rugby League for your school?

Rugby League is a sport that can be played by everyone. With many different formats available for all ages, and the option to deliver purely non-contact activities or develop the confidence and competence to engage in contact games, there are multiple benefits to participation. The activities are fast and fun, and pupils can enjoy learning the core skills of the game through engaging activities, building up to game-style play when they are ready.

Alongside learning the skills and principles of Rugby League, the activities will develop physical motor skills and personal skills such as communication, teamwork and confidence.

How to use activities in curriculum time

The gameplay activities are supplemented by our scheme of work and tackle-safe resources for secondary school which can be found [here](#) within our 'Ages & Stages' pages.

Supporting documentation including videos and inclusive resources for pupils with both learning and physical disabilities are also available there.

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Thrive isn't a checklist – it's a lens to help you sense-check quality and inclusion, so consider the following when choosing which format to deliver and how it supports your young people to have a positive experience with physical activity:

- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and included to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

For further support, look to the Physical Literacy Enactment Guide - Education, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.

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Rugby League for Schools

SECONDARY

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Target audience

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Offside Touch

SECONDARY



How to play

- Create teams of up to 5 v 5
- The ball can be passed in any direction, and the players can run with the ball
- A tackle is made by touching the player in possession with two hands
- After a tackle, the following actions are taken by:
 - Attackers: Count to three, tap the ball on the foot, pass to a teammate
 - Defenders: Take at least two big steps away from the player you just tackled
- Each team gets six tackles. If a mistake is made, the team retains possession, but a tackle is lost
- Teams score one point every time they cross their opponents' try line with the ball, either by running or passing to a teammate.

Safety

- Tackling is touch only
- Leave space between grids, walls and equipment.

Equipment required

- Balls
- Cones
- Bibs

Space required

- 15m x 25m
- Indoor or outdoor.

Estimated set-up time

- 3 minutes.

Difficulty level



How to make it easier

- Walking only
- One hand touch to tackle
- Overload team numbers to favour attackers

How to make it harder

- Introduce a 'pass backwards' rule; e.g. on the first pass, or the last pass before a try
- Only allow scoring by running the ball over the line

Spirit of the Games



- How can you encourage your teammates to work hard?
- Did you win and/or lose well?



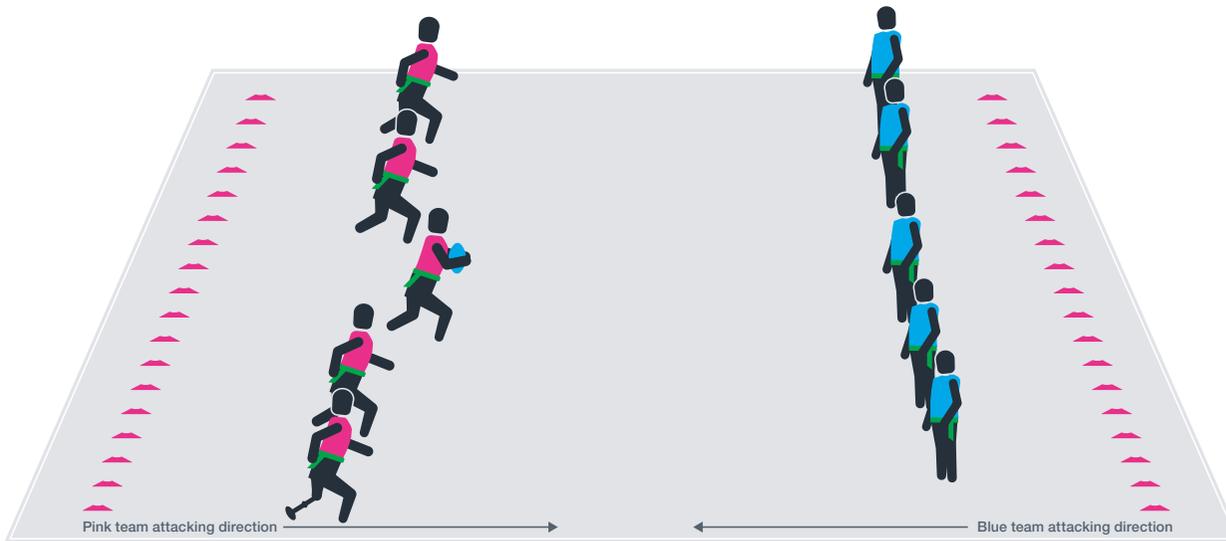
- How did you work with your team to score points?
- What did you do together when you didn't have the ball?





Tag RL

SECONDARY



How to play

- Create teams of up to 5 v 5, attacking and defending each other's try line
- Ball can only be passed backwards, and the players can run with the ball
- A tackle is made by removing a tag from the ball carrier's tag belt
- After a tackle, play restarts by a play the ball. The dummy half can run with the ball or pass
- The defensive line must retreat 5 metres and cannot move until the dummy half touches the ball. No markers are allowed
- Each team gets six tackles. If a mistake is made, the team retains possession, but a tackle is lost
- Score a try by running over the try line in possession of the ball.

Safety

- Non-contact: Tags removed from belts to make a tackle.
- Leave space between grids, walls and equipment.

Equipment required

- Balls
- Cones
- Bibs

Space required

- 15m x 25m
- Indoor or outdoor.

Estimated set-up time

- 4 minutes.

Difficulty level



How to make it easier

- 2-Tag rule: a player is only tackled when both of their tags are removed while in possession of the ball (they can't pass after the first tag is taken)
- Overload team numbers to favour attackers

How to make it harder

- Ball changes possession if lost or a mistake is made
- Add a marker at the play the ball
- Add Tag-free channels where players can advance 3 metres without being tackled

Spirit of the Games

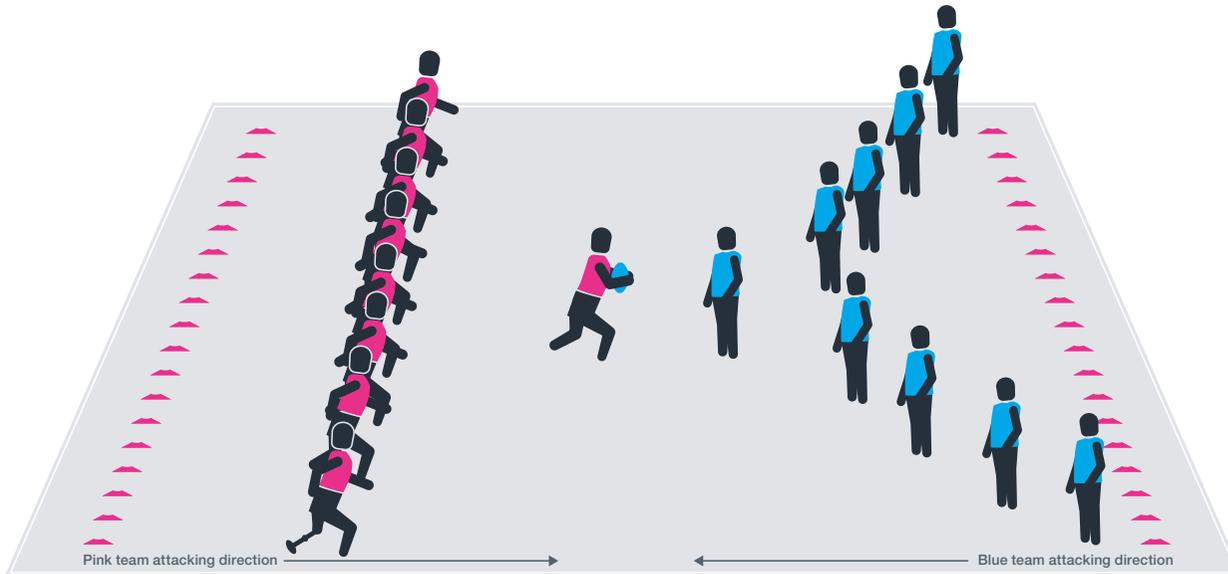


- How did the team decide on their tactics?
- How did you work together to achieve the team goals?



- How did you react if the opponents scored a try?
- What involvement in the game were you most proud of?





How to play

- Create teams of up to 9 v 9, attacking and defending each other's try line
- Ball can only be passed backwards, and the players can run with the ball
- The game is played with contact tackles. A player is tackled when they are taken to the floor or their forward momentum is stopped
- After a tackle, play restarts by a play the ball (PTB). The dummy half can run with the ball or pass
- The defensive line must retreat 5-metres and cannot move until the dummy half touches the ball. One marker is allowed at the PTB
- Each team gets six tackles, but if the ball is lost or a mistake is made, possession switches to the other team
- Score a try by grounding the ball over the try line.

Safety

- Players must have completed tackle safe training before playing full contact
- Referee must be confident to control tackle height and technique, and prevent dangerous play.

Equipment required

-  Balls
-  Cones
-  Bibs

Space required

- 50m x 35m
- Outdoor, tackle-approved surface (grass or certified 3G surface).

Estimated set-up time

- 4 minutes.

Difficulty level



How to make it easier

- Overload team numbers to favour attackers
- Assign 'super-scoring' to some players to encourage their involvement in the game

How to make it harder

- Limit the number of players in a tackle
- Limit the number of points that can be scored by individual/specific players

Spirit of the Games



- How did the team decide on their tactics?
- How did you work together to achieve the team goals?



- How did you react if the opponents scored a try?
- What was the hardest part of the game?

