

Sanquhar Academy
School of Rugby
2024/25



PROGRAMME OVERVIEW

Hello and welcome to the information booklet for the School of Rugby at Sanquhar Academy.

As part of the ongoing development of Rugby, Dumfries and Galloway Council, in partnership with Sanquhar Academy and Cumnock Rugby Football Club offer the “School of Rugby” which will give pupils the opportunity to improve their physical literacy, rugby skills as part of their school curriculum and to enjoy the many benefits that participation in rugby offers.

The School of Rugby gives pupils the opportunity to train in a rugby environment during school time for the first and second year of their secondary school life. This programme is designed as a social and academic development programme that will not only help young boys/girls develop as players, but also aid them in their physical, social, emotional and academic development.

“The inclusion of Cumnock Rugby Football Club (Cumnock RFC) in this programme will ensure a sustainable link is created from school to club and will enhance and develop the current school pathway from primary school Rugby to secondary school Rugby. The programme will be supported by the Cumnock Rugby Development Team who will play a central role in delivering the School of Rugby and promoting an increasing rugby participation across East Ayrshire.”

Harry Reilly, Rugby Development Manager, Cumnock Rugby

“The School of Rugby is supported by Scottish Rugby through their Growth & Participation programme and is part of a long-standing and successful partnership for schools through Cumnock Rugby. Scottish Rugby firmly believes that sport can play a powerful role in providing the catalyst to improve the quality of life for young people in communities across Scotland. Rugby can offer potential life changing opportunities to enhance education and skills; improve health and wellbeing and fosters an ethos of RESPECT, EFFORT and BELIEF, on and off the field of play. We look forward to continuing to support this programme and helping more young people, players and teams enjoy all of these benefits at Sanquhar Academy and Cumnock Rugby Football Club.”

Nicole Stark, Special Projects Manager – Glasgow South, Scottish Rugby

The information in the booklet contains all you need to know about this programme, however, should you have any questions please feel free to contact the following:

Sanquhar Academy
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Cumnock Rugby Development
Harry Reilly, Development Manager
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WHAT IS THE SCHOOL OF RUGBY?

The School of Rugby is first and foremost a programme that helps more pupils enjoy the benefits of participation that rugby brings. The programme develops the social and academic skills of a select group of young boys and girls attending S1 and S2 at Sanquhar Academy. It does this through developing these skills in a rugby environment and applying them in their school work and social life.

Like many activities, the skills that apply to rugby such as communication, following instructions, being creative and problem solving can be applied to situations in a classroom, in the playground, at home or in the community.

For many young children, rugby is an activity that captures the imagination and brings joy and happiness to their life. For this reason we use the sport to engage with the individuals and help them learn in a way that other subjects and situations cannot.

The rugby programme will also support pupils from S3 to S6 by providing the opportunity to continue developing their rugby skills through SQA Accredited qualifications whilst training and playing with their school teams in regional and national competition. Extra-Curricular training may also offer another pathway into the school teams





SCHOOL OF RUGBY

HOW DOES IT WORK?

Sanquhar Academy staff working in conjunction with coaches qualified through our national body are tasked specifically for the School of Rugby and responsible for the delivery and coordination of the programme. Coaching takes place during school time after an appropriate timetable is developed by the school. In most cases two classes per week are dropped to make space for rugby with support provided to the pupils by teaching staff to ensure they remain up to date with their studies.

Pupils are made aware of the initiative at primary school and once an interest is confirmed, by completing an application form, they are invited to take part in a selection process that comprises a practical assessment session (movement skills)



Rugby is more than just an elite or recreational sport; it is an activity that can hold the attention and inspire young people to achieve more in their life. Sessions are delivered with the aim of assisting in the development of **Curriculum for Excellence** outcomes including pupils' ability to communicate effectively, be responsible for their actions, contribute to their own and others learning experiences and become more confident individuals.

Content

Classes have five main components which support the long-term player development (LTPD) strategy, values based, player-centered approach focused on the development of:

- Technical skills (catch, passing, evasion, tackling, support, etc.)
- Game sense skills (decision making, defending, attacking, 2v1, etc.)
- Physical skills (agility, stamina, strength, speed, etc.)
- Mental skills (mental strength, focus, discipline, etc.)
- Lifestyle management skills (developing good habits, health and nutrition, etc.)

These components will be delivered to pupils in a clear and enjoyable way.



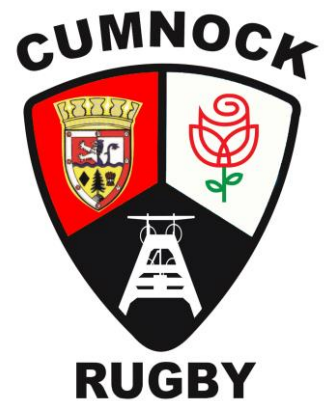
SCHOOL OF RUGBY

How a class may look:

Pupils would make their way to a timetabled School of Rugby class based in the PE department where they will change then head for the facility scheduled for that day. This is likely to be outdoors however some classes are delivered in gymnasiums or class rooms depending on the content. When the class is finished pupils will change back into their school clothes before moving onto their next class.

School & Club Partnership – Cumnock Rugby

The School of Rugby programme works closely with Cumnock Rugby Football Club. Through timetabled classes players will experience instruction throughout the week with school games at weekends. The current constraints on school budgets limits the number of training sessions and matches available during term time however the partnership has resolved this issue where pupils joining the School of Rugby will be expected to train on Tuesday and Thursday evenings and play as **Cumnock Rugby** on a Saturday morning in Scottish Rugby's National Schools Conferences. This programme ensures that the players have a consistent monitored programme combined with regular competitive games which are the key to the long-term development of young athletes



Monitoring and Evaluation

In order to monitor the effectiveness of the programme we will use the following:



- Continual assessment
- Skill tests
- Parents' evenings
- Tracking & Monitoring

The results of the individual pupils will be monitored to provide support for the pupils' development through tracking and monitoring reports.



APPLICATION PROCESS

Complete the online application form which can be found using the following link

<https://forms.gle/5bKsPh6Cj13ntWGKA>

Forms should be completed/submitted by Parent/Guardian





SCHOOL OF RUGBY

Testimonials...

"We are delighted to be able to offer this opportunity to our S1 and S2 learners. It will enhance our curriculum offer and learning experiences available for our BGE learners".

DHT Curriculum

"I first played rugby through a taster session offered in school. Thereafter I went along to training sessions at Cumnock Rugby Club, where I continue to play on a weekly basis. I am now a member of U18 girls team for 2024/25".

Ava, U16's player of the year 2023/24

"The School of Rugby Programme is, in a word, great, I see a huge improvement in my son's skill levels and fitness on his club match days, it is making his whole school experience far more enjoyable. With the threat of not keeping up with classwork and doing homework or you get put off the course it keeps him focussed on his work. He is really enjoying the course and even on days when he is not feeling 100% he still wants to go to school".

Parent of Robert Burns Academy, School of Rugby Learner

"We are delighted to offer the School of Rugby this session. Pupils will have the opportunity to participate in the programme with Cumnock Rugby Club. The programme will be responsible for raising the profile of rugby within the school as well as breaking down barriers into the sport. The extra-curricular numbers in sports at Sanquhar Academy continue to rise. The programme will also been highly effective in developing stronger links with various external agencies whose support is vital in the promotion of rugby, namely Cumnock Rugby, Dumfries and Galloway Council and Scottish Rugby".

**Alison Dickman, Principal Teacher of PE,
Health and Wellbeing,
Sanquhar Academy**