

RUGBY FOR ALL



WHY INTRODUCE RUGBY

- **Low Start-Up Cost and Minimal Equipment:** Rugby requires only a ball and an open field or gym, making it an affordable and accessible option for schools with limited resources.
- **Promotes High-Participation:** Rugby ensures that every player actively participates in both offense and defense, giving everyone the chance to run with the ball, score, and tackle, fostering full engagement.
- **Adapts Easily to Meet Needs:** The game can be easily modified to suit different needs, such as playing touch or flag rugby instead of full-contact, adjusting team sizes to 7, 10, or 15-a-side, and playing in various settings, whether indoors or outdoors.
- **Fosters Inclusivity:** Rugby is inclusive of all body types, skill levels, and genders, encouraging coed teams and ensuring that every player, regardless of physical ability, has a role to play.
- **Provides an Alternative to Traditional Sports:** Rugby offers a unique alternative to more commonly played sports, providing diverse options that cater to different student interests and abilities.
- **Suits Lifelong Participation:** Rugby is a sport that can be enjoyed at all levels, from PreK through high school, college, and adult leagues, making it a lifelong pursuit for students.
- **Expands Cultural Awareness:** As a sport played worldwide, rugby introduces students to different cultures and global perspectives, enriching their understanding through the sport's rich history and traditions.

TEKS ALIGNED LESSON PLANS & DIGITAL STUDENT NOTEBOOK

- ▶ [Elementary School Lesson Plans](#) ▶ [Middle School Lesson Plans](#) ▶ [High School Lesson Plans](#)
[Student Digital Notebook](#) [Student Digital Notebook](#) [Student Digital Notebook](#)

ONE, TWO, AND THREE-DAY PE PLANS

- ▶ [Elementary School, Middle School, and High School Specific](#)

FLAG RUGBY PE CURRICULUM

- ▶ [Games and Skills Cards with Coach's Instructions](#)

EMPOWER GIRLS WITH *TRY ON RUGBY* CURRICULUM

- ▶ [Youth Program](#)

RUGBY BENEFITS FOOTBALL

- ▶ [The Case *FOR* Rugby](#)

