



EVERYTHING AN ELEMENTARY SCHOOL TEACHER NEEDS TO KNOW

QUESTION		INFORMATION
Is Rookie Rugby for all elementary school students?	YES	Rookie Rugby is designed for boys and girls at all age levels in Elementary School. The games and activities are designed to maximize student participation at all times.
Is it safe?	YES	Rookie Rugby is a non-contact program that follows the OPHEA Ontario Physical Education Safety Guidelines set for rugby.
Does it relate to CS4L Long Term Athlete Development (LTAD)?	YES	Rookie Rugby focuses on Stage 1 'Active Start', Stage 2 'FUNdamentals' and Stage 3 'Learn To Train' of the Canadian Sport for Life (CS4L) continuum.
Does it help develop the physical literacy in children?	YES	Rookie Rugby is designed to help develop fundamental movement skills in children, including the physical literacy ABC'S (Agility, Balance, Coordination, Speed).
Do you provide a curriculum?	YES	There are 6 progressive sessions, each containing games based activities.
Can I get resources?	YES	The following resources are provided free of charge: <ul style="list-style-type: none"> ✓ 6 session lesson plans ✓ 25-30 game cards with activities ✓ Access to the rookie rugby website
I don't know anything about Rugby. Can you provide training for me?	YES	Rugby Ontario provides training for free of charge by: <ul style="list-style-type: none"> ✓ Attending a Rugby Ontario training session organized through your local rugby club, community group. ✓ Attending a Rookie Rugby session School Board.
Is there a Rookie Rugby website?	YES	www.rookierugby.ca provides you with all the information you need to know.
Can I play it inside and outside?	YES	Rookie Rugby activities can be undertaken both inside or outside, so you can play 365 days of the year.
How much space do I need to play Rookie Rugby?	YES	Each game card indicates the space required, as long as you have a flat area about the size of a basketball court you are good to go.
Is there Rookie Rugby equipment available?	YES	A Rookie Rugby Kit will provide all the equipment you need for a group of 30 students (rugby balls, cones, flag belts). The cost of a kit is \$220. Additional rugby balls, flag belts can be purchased.
Do you have a support network that can help me?	YES	Each Rookie Rugby school will be linked with a local Rookie Rugby Educator and local rugby club, so you will have rugby savvy people close by. You can also contact the Rookie Rugby staff at Rugby Ontario: Ryan Jones (647) 560-4790 Ext 1010 rjones@rugbyontario.com David Patterson (647) 560-4790 Ext 1003 dpatterson@rugbyontario.com
Can you help any interested youngsters who want to play rugby locally?	YES	We can provide the details of the local rugby clubs in your area who have Rookie Rugby programs they can join.