

GCE Physical Education - Exemplar Material

6PE02

Task 2.3 – National Study (Rugby Union)

Commentary

This was a very good presentation on the national structure of rugby union covering all the required assessment areas. The candidate was able in discussion to expand on the points given and show a depth of knowledge to be marked in the top band. Within a word count limit of 1000 it is difficult to expand on all areas but reference in bullet forms is made to the key necessary areas but could have included more information on area/county structures linked to national programmes.

Mark – 13/15



National Study

Word Count: 1000

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RUGBY

Introduction

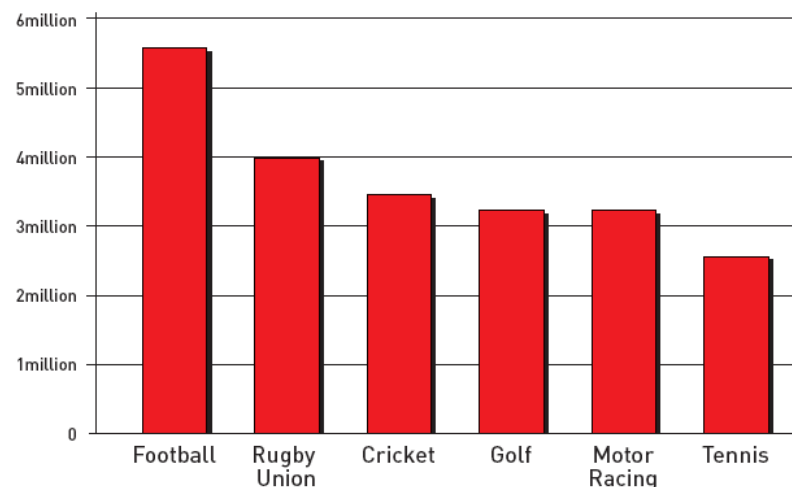
Words: 90

- Performer
- Rugby Union

The interest in the rugby's been growing at a fast rate since it became a professional sport in 1995. It's the 2nd most played sport in England behind football. For men and women, rugby has been improving with more competitions becoming available, league or cup. With England having successes in the big tournaments, such as the World Cup, there is a lot of talent available in England, due to the competition provided and pathways to the elite, with many athletes going through this pathway yearly.



NUMBER OF INTERESTED AB ADULTS BY SPORT



NGB – Rugby Football Union (RFU)

- NGB for rugby in England, 1,900 autonomous clubs are members
- RFU drives forward the success of the England National team, setting goals for the Saxons, U20, U18, Women's, U20 Women's and 7s men and women's teams.
- Supports the Guinness Premiership.
- Developing the Heineken Cup, Challenge cup, the Championship into more professional fully club elite competition.
- Work with the clubs in academies which improve the player pathway to elite rugby.
- Work with RFUW to aid women's rugby.



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Funding

Words: 218

- RFU is lottery funded.
- Funded by - sponsorship, government, ticket sales from international matches, hospitality and catering, travel companies, television rights.
- Team's are funded by the RFU as well as the main sponsors of a team. Sponsorship is how most teams earn income.

Sponsors of the RFU

Table 1.1

Most Important Men's Sponsors

- Emirates Airline
- Nike
- O2
- Powerade
- RBS
- Gilbert

21 in all

Sponsors for Women:

Cardio Direct
Gilbert
Maximuscle
OPRO

Leagues in England

Words:257

- The biggest league in England is the Guinness Premiership.
- 12 levels of leagues in England which teams can pass through, going from level 12 to level 1. The full league system can be seen in appendix 1.

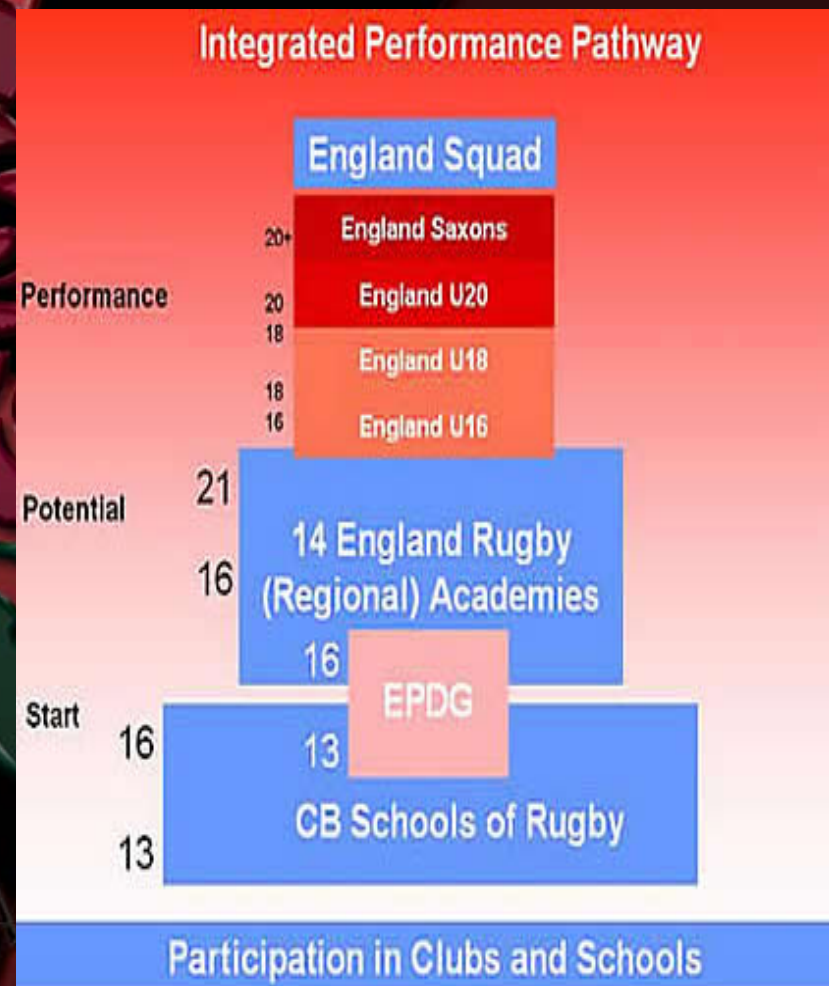


Sporting Player Pathway for Rugby Union

Words:
389

Table 1.2

- At the bottom of table 1.2, players take part in school rugby or local clubs. For schools, RFU organise tournaments (e.g. the Daily Mail Cup at U18 and U15 level). Two competitions at each age group, a Cup for all schools who enter and a Vase for schools knocked out early.
- Players progress to take part in CB schools of Rugby which emphasise skills and game understanding, as well as county matches.
- Players progress to the Regional level, which is one of 14 academies run by the RFU. They develop skills with high level coaching and are provided more opportunities to tutoring in rugby as well as physiotherapy.
- Then players will either move into the club if they're good enough or into the England National youth teams, eventually progressing through to International level.



Schools Pathway for Rugby Union

Table 1.3 Explaining the Schools Pathway to rugby.

- Play in schools and in theory progress into the county level. (see appendix 4 for 28 counties).
- Players then progress through to regional teams, where they are occasionally scouted by clubs, before moving into the National Schools team to play rugby.
- At Regional Players are scouted by clubs and taken into their academies. This is the link between the school pathway and RFU pathway.

National –
England Schools
U16, U18

Regional – 4 regions
(London and South East,
Midlands, North, South
West

County – 28 Counties

Schools – Daily Mail
Cup U18, U15

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Role of other Agencies - Table 1.4

<u>Agency</u>	<u>Programme</u>
UK Sport	Pitch to Podium – Bettering England’s Athletes in Rugby 7s so that they can win medals in the upcoming Olympics.
BOA (British Olympic Association)	<ul style="list-style-type: none">• Currently have no plans for rugby until after 2012. They are focusing on London 2012 sports at the moment rather than Rugby Union which comes into affect in the 2016 Rio Games.
EIS	<ul style="list-style-type: none">• Works with the RFUW and has done since 2001.• Provide Lifestyle advisers, Psychology, Nutritionists to help optimise performance of the players at elite level.• Help coordinate National Training.• PITCH2PODIUM Programme – Training people with raw talent for a sport to succeed in Olympics. If professional career doesn’t work out there is the option of playing for Great Britain. Pitch2Podium is one of a number of talent initiatives and shares a partnership with UK Sport. Plans on getting people to succeed at Rugby in time for the 2016 Rio Games.
Sport England	<p><u>Play On</u></p> <ul style="list-style-type: none">•A Nationwide campaign to assist players looking for a route into rugby. 14 Regional Academies were established across England (see appendix 2 for locations).•This programme helps keep people involved in rugby when moving across the country.•Works with Sport England and O2 Pathfinders. Play On makes it easier when moving across the country. O2 Pathfinders will make sure that if you're moving somewhere else, someone from a team in that area knows about it, will contact you and introduce you to their club, college or university team.

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Role of other Agencies Cont.

Words: 474

These agencies all contribute to the rugby community in England. All, with the current exclusion of the BOA, are used to get people more involved directly with rugby.

Agencies like Sport England show people the academies/clubs available to use for people wanting to or already playing rugby. It shows them the performance pathway.

UK Sport and EIS work together to make quality athletes for the Olympics by providing top class facilities and supervision. This is linked with 2016 and Rugby 7s becoming an Olympic sport.



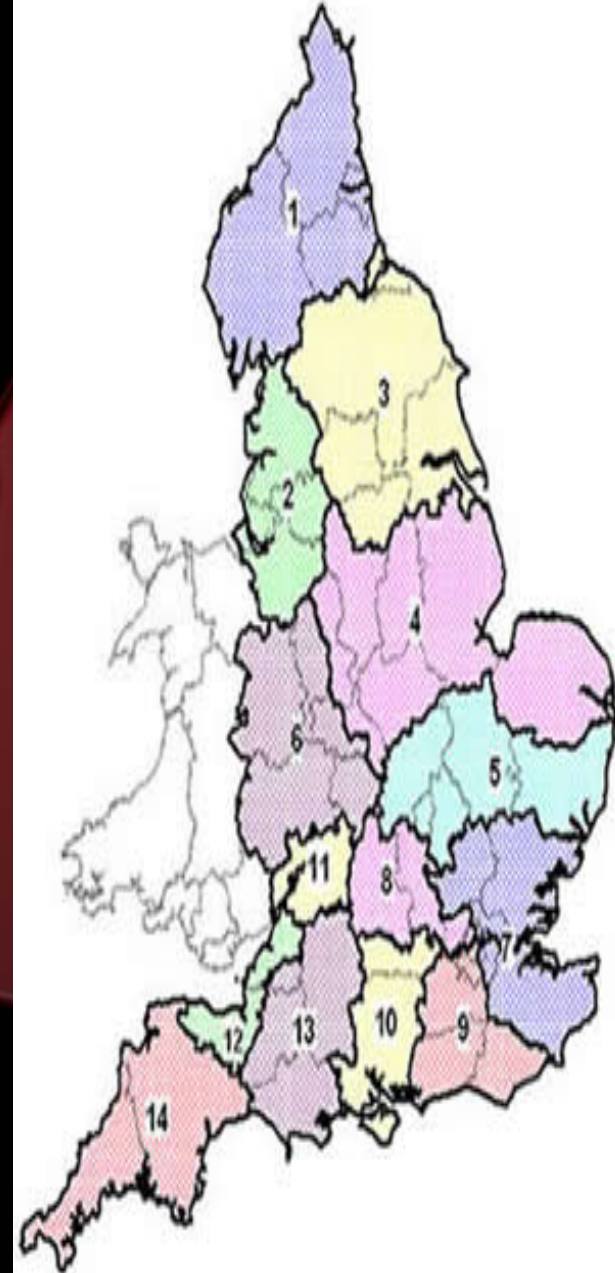
Talent Identification

- Club academies are involved with the talent identification. All clubs are to have a recruitment plan. They must establish themselves within the community.
- Clubs ask coaches of schools in their county to recommend players for trials. (e.g. Yorkshire RFU).
- Yorkshire RFU hold trials for the team yearly, during September with weekly training, matches against other districts and CB schools.
- The players then progress through the club if they are good enough and work to get to the Elite Level, following the player pathway (table 1.2)



Academies

<u>Academies</u>	<u>Table 1.5</u>
Location	<p>14 regional academies: 12 academies of clubs in the Guinness Premiership, 2 at colleges, at Leeds Tykes and in the South West.</p> <p>A list of where to find the academies is stated in Appendix 2.</p>
Background	<p>The Academy system was set up to encourage and improve the development of English players.</p> <p>Players often come through this system by developing a strong connection with the club and giving them the opportunity to play for the club.</p>
Competition	<p>Competition ranges from U16 to senior level for club and England, allowing people to achieve professional contracts.</p>
Other (Additional Information)	<p>The best academies are either the colleges or the top clubs in the Premiership such as Leicester Tigers Rugby Academy or Harlequins Rugby Union Academy. For example, Harlequins work with AASE to provide top class facilities and sports science and coaching to help players progress.</p>



LTAD Rugby

Words:
625

- LTAD's aim to create clear pathways in sport. Table 1.6 shows a performance pathway to the elite level in Rugby Union. With Training to Compete, athletes strengths and weaknesses are worked upon to improve technique. In the Training to Win stage, they are prepared to peak for major competitions.
- This is run by the RFU under their community rugby section.



RFU LONG TERM ATHLETE DEVELOPMENT MODEL



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LTAD Rugby Cont.

Table 1.6

U16-U19 – Training to Compete	18+ Training to Win
<p>The emphasis is now on individual preparation which addresses each athlete's individual strengths and weaknesses.</p> <p>Where: Secondary school PE and games programmes, age grade representative sides.</p> <p>Who: Boys: 15-18 years, girls: 14-17 years.</p> <p>Why: Player retention, development and specialisation.</p> <p>Physical: Player and position-specific fitness and conditioning programmes.</p> <p>Technical: Refinement of core skills and position-specific skills.</p> <p>Tactical: Decision-making tactical awareness, game appreciation, team game analysis.</p> <p>Mental: Advanced mental training and preparation, refined goal setting.</p> <p>Team preparation: ELITE - two or more training sessions per week; COMMUNITY - one or two training sessions.</p> <p>Competition: One match per week.</p> <p>Hours per week: ELITE - 20.5 rugby specific; COMMUNITY - 4-6 hours quality coaching and playing.</p> <p>Planning: Two periods of training with two periods of competition.</p>	<p>Athletes are trained to peak for major competitions.</p> <p>Where: FE/HE establishments, representative squads, regional & national academies, national age grade & senior representative sides.</p> <p>Who: Men: 18+ years, women: 17+ years.</p> <p>Why: High performance.</p> <p>Physical: Individual fitness programmes for maintenance and improvement.</p> <p>Technical: Refined core skills – individual positional skill development programme.</p> <p>Tactical: High degree of decision making, leadership and game analysis skills. Able to adjust tactics and game plan to suit demands of individual matches.</p> <p>Mental: Self-motivation and discipline. Mentally strong. Understanding of group dynamics.</p> <p>Team preparation: ELITE - three team training sessions; COMMUNITY - one or two training sessions.</p> <p>Competition: One match per week.</p> <p>Hours per week: ELITE - 22.5 rugby specific; COMMUNITY - 6-8 hours quality coaching and playing.</p> <p>Planning: Multiple periods of training and competition - age group dependant.</p>

Women's Rugby

Words: 759

- The RFUW is responsible for women's rugby and getting girls more involved.
- Hold yearly trials for the team.
- 7 Leagues officially currently running across the UK (see appendix 3)
- At U15 level, players are nominated to go to trials. Talented players are identified and U15s are invited into their local School of Rugby, while U18s are invited into the Talent Development Group. Successful players will have the opportunity to play for England Under 20s.
- Similar programme to RFU. They both follow the same performance pathway to the elite level of rugby.
- Following a domestic competitions review in 2007 with the Premiership and national Challenge clubs it has been agreed to focus resources on Premiership clubs so that each club can raise training and performance standards, (see appendix 3).



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Words
: 835

Disability at Elite Level

• The RFU support the England Deaf Rugby Union and GB Wheelchair Rugby, who offer further opportunities for people with specific types of disability. Recently Ben Cohen, a former World Cup Winner, made a video for coaches on how to communicate with deaf players in rugby from grass roots to international level, giving deaf players more of a chance to play rugby. Table 1.6 shows what the GBWR does to help people with disability in rugby.



<u>GBWR</u>	<u>Table 1.7</u>
Objectives	To develop a fully inclusive sport, enabling players to achieve their full potential regardless of financial status or disability.
Income	Sponsorship, donations and membership.
Talent Development Pathway	An annual program that puts selected new recruits through a specific training pathway.
Work	Identifying new areas, develop local relations, target funding for equipment and raise awareness of the sport in that area.
Competition	<u>GBWR Coloplast league (local level)</u> - 8 active teams based in London, Wolverhampton, Nottingham, Newcastle, Cardiff, Ireland, and North Wales, and Southport. <u>5 Nations Tournament (Elite Level representing Great Britain).</u> – Runs in line with 6 Nations. (Costs £5,000 minimum to run annually).

Critical Comments – I think...

- RFU don't really look into disability issues or wheelchair rugby. Should cover Rugby as a whole.
- Only 14 Academies across England in the RFU system. More should be included to get people more interested in the sport and feed into the elite level.
- BOA should look into Rugby Union now, to better prepare themselves for the Olympics in 2016.
- Women's rugby although improving, is not at the same level as men's rugby. There are only 7 levels in women's rugby compared to 12 in men's. There are also much less sponsors the RFUW compared to the RFU.
- More agencies are needed to help Elite Rugby. There are plenty of grass roots agencies but not enough elite.
- Good strong performance pathways.
- Funding-wise, money comes mainly from sponsorship, the RFU should possibly look into other ways of funding rugby.
- Clubs and County dominate the player pathway set by the RFU.
- Need a more direct link between school and RFU pathway.

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- <http://www.rugbynetwork.net/main/s245/st110232.htm> RFU in Schools
- http://www.rugbycoach.com/documents/RFU_LTAD_Booklet.pdf LTAD information
- <http://www.rfu.com/playon/o2-pathfinders.aspx> Sport England - Play On
- <http://www.rfu.com/TakingPart/CareersInRugby/Overview.aspx> Academies
- http://www.eis2win.co.uk/pages/sport_15_rugbyunion.aspx?sport=RUGBY%20UNION Women and EIS
- http://www.eis2win.co.uk/pages/news_pitch2podiumtargetrugbytalentforolympicsuccess.aspx EIS and UK Sport Pitch2Podium
- <http://www.rfutouchline.com/index.asp?edition=122&category=Community%20Rugby> RFU and Ben Cohen helping deaf people in rugby.
- www.rfu.com information on RFU, Funding, performance pathway
- http://en.wikipedia.org/wiki/English_rugby_union_system - Appendix 1 showing the 12 levels of mens rugby.
- <http://clubs.rfu.com/Clubs/portals/EnglandRugbyFootballSchoolsUnion/ERFSUDivisionalOrg.aspx> information on schools rugby and county
- Also received an email from a school in England about the school pathway and how it runs.

Appendix 1 – League System for Mens Rugby in England (next two slides)

Level	League(s)/Division(s)								
1	<p style="text-align: center;">Guinness Premiership (The Premiership) <i>12 clubs</i></p>								
2	<p style="text-align: center;">RFU Championship <i>12 clubs</i></p>								
3	<p style="text-align: center;">National League 1 <i>16 clubs</i></p>								
4	<p style="text-align: center;">National League 2 North <i>16 clubs</i></p>					<p style="text-align: center;">National League 2 South <i>16 clubs</i></p>			
5	<p style="text-align: center;">National League 3 Midlands</p>		<p style="text-align: center;">National League 3 North</p>		<p style="text-align: center;">National League 3 South-East</p>		<p style="text-align: center;">National League 3 South-West</p>		
6	<p style="text-align: center;">Midlands 1 West</p>	<p style="text-align: center;">Midlands 1 East</p>	<p style="text-align: center;">North 1 East</p>	<p style="text-align: center;">North 1 West</p>	<p style="text-align: center;">London 1 North</p>	<p style="text-align: center;">London 1 South</p>	<p style="text-align: center;">South West 1 West</p>	<p style="text-align: center;">South West 1 East</p>	

7	Midlands 2 West (North) Midlands 2 West (South) Midlands 2 East (North) Midlands 2 East (South)	North Lancs/Cumbria South Lancs/Cheshire 1 Durham/N'thm'land 1 Yorkshire 1	London 2 North East London 2 North West London 2 South East London 2 South West	Tribute Western Counties North Tribute Western Counties West Southern Counties South Southern Counties North
8	Midlands 3 West (North) Midlands 3 West (South) Midlands 3 East (North) Midlands 3 East (South)	North Lancs 1 Cumbria South Lancs/Cheshire 2 Durham/N'thm'land 2 Yorkshire 2	London 3 North East London 3 North West London 3 South East London 3 South West	Tribute Somerset Premier High Bridge Jewellers Gloucester Premier Tribute Cornwall/Devon Dorset & Wilts 1 North Dorset & Wilts 1 South Berks/Bucks & Oxon Premier
9	Midlands 4 West (North) Midlands 4 West (South) Midlands 4 East (North) Midlands 4 East (South)	North Lancs 2 South Lancs/Cheshire 3 Durham/N'thm'land 3 Yorkshire 3	Eastern Counties 1 Herts/Middlesex 1 Essex 1 Kent 1 Sussex 1 Surrey 1 Hampshire 1	Tribute Somerset 1 High Bridge Jewellers Gloucester 1 Tribute Cornwall 1 Tribute Devon 1 Dorset & Wilts 2 North Dorset & Wilts 2 South Berks/Bucks & Oxon 1 North Berks/Bucks & Oxon 1 South
10	Midlands 5 West (North) Midlands 5 West (SW) Midlands 5 West (SE) Midlands 5 East (NW) Midlands 5 East (NE) Midlands 5 East (S)	South Lancs/Cheshire 4 Yorkshire 4	Eastern Counties 2 Herts/Middlesex 2 Essex 2 Kent 2 Sussex 2 Surrey 2 Hampshire 2	Tribute Somerset 2 North Tribute Somerset 2 South High Bridge Jewellers Gloucester 2 Tribute Cornwall 2 Dorset & Wilts 3 North Dorset & Wilts 3 South Dorset & Wilts 3 West Berks/Bucks & Oxon 2 North Berks/Bucks & Oxon 2 South
11	n/a	Yorkshire 5A Yorkshire 5B Yorkshire 5C	Essex 3 Herts/Middlesex 3 Surrey 3	Tribute Somerset 3 North Tribute Somerset 3 South High Bridge Jewellers Gloucester 3
12	n/a	n/a	Herts/Middlesex 4 Surrey 4	n/a

Appendix 2 – shows the club involved with Academies and what region they represent.

Host Club	Constituent Body Region
Newcastle Falcons	Northumberland Durham Cumbria
Sale Sharks	Lancashire Cheshire
Leeds Carnegie	Yorkshire
Leicester Tigers	Nottinghamshire, Lincolnshire & Derbyshire Leicestershire North & East Staffordshire Norfolk North Warwickshire (Coventry)
Northampton Saints	Northamptonshire Bedfordshire Suffolk Cambridgeshire Milton Keynes
Worcester Warriors	South Warwickshire Birmingham Shropshire Hereford & Worcester South & West Staffordshire

Appendix 2 Cont.

Saracens	Hertfordshire Essex Kent
London Wasps	Oxfordshire Buckinghamshire (except Milton Keynes – see 5) Middlesex
Harlequins	Sussex Surrey
London Irish	Hampshire Berkshire
Gloucester	North Gloucestershire Gloucester Cheltenham Cirencester/Stroud Forest of Dean
Bristol Rugby	South Gloucestershire Bristol North Somerset
Bath Rugby	Bath South Somerset Dorset Wiltshire
Exeter RFC Ivybridge College Truro College	Devon Cornwall

Appendix 3 – Women's Leagues in the UK

PREMIERSHIP

Saracens
Richmond
Wasps
Worcester
Lichfield
Bristol
Darlington Mowden Park
Blaydon

CHAMPIONSHIP NORTH 1 CHAMPIONSHIP SOUTH 1

Vale of Lune	Bath
Loughborough	Richmond II
Camphill	Old Albanians
Waterloo	Saracens II
Leos	Trojans
Altrincham Kersal	Plymouth
Olney	Hove
Lakenham Hewitt	Cheltenham

CHAMPIONSHIP NORTH 2 CHAMPIONSHIP MIDLANDS 2 CHAMPIONSHIP SOUTH EAST 2 CHAMPIONSHIP SOUTH WEST 2

Sheffield	Shelford	Thurrock	Richmond Imparlas
Carlisle	Stoneygate	Rosslyn Park	London Welsh
Darlington	Old Leamingtonians	Wasps II	Henley
Scunthorpe	Lichfield II	Blackheath	St Marys Old Boys
Novocastrians	Moseley	Aylesford Bulls	Bristol II
Fleetwood Grasshoppers	Nottingham B C	Romford & Guidea Park	Supermarine
	Cambridge Select	Harlequins	Old Redcliffians
			Oakmedians

Appendix 4 – shows the regions and counties involved with the school pathway.

London & South East	Eastern Counties, Essex, Hampshire, Hertfordshire, Kent, Middlesex, Surrey, Sussex
Midlands	East Midlands, Leicestershire, North Midlands, Notts Lincs & Derby, Staffordshire, Warwickshire
North	Cheshire, Cumbria, Durham, Lancashire, Northumberland, Yorkshire
South West	Berkshire, Buckinghamshire, Cornwall, Devon, Dorset & Wiltshire, Gloucestershire, Oxfordshire, Somerset

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