

South Leicestershire SSP presents:

VIRTUAL



RUGBY CHALLENGE

**TUESDAY 9TH MARCH -
FRIDAY 26TH MARCH**

- **AIMED AT KEY STAGE 2/3/4**
- **2 TEAM CHALLENGES**
- **GET INVOLVED, BE ACTIVE & HAVE FUN!**

**AS PART OF OUR BRAND NEW
COMPETITION:**

THE 
QUAD
CUP



Remember to tweet your involvement
to @LSLSSP using #THEQUADCUP21



South Leicestershire School Sports Partnership

Health | Well-being | School Sport | PE | Physical Activity



**REPRESENT YOUR AREA
IN THE QUAD CUP:**

THE 
QUAD
CUP



***ROARING TO
SUCCESS!***



***WE SOAR
ABOVE THE REST!***



***CLAWING OUR
WAY TO VICTORY!***



***WE WIN
AS A PACK!***

**Which area will take home The
Quad Cup!?**

CODE OF CONDUCT:

Participants

- Treat all people fairly and with respect regardless of race, background, religious beliefs or gender.
- Respect the referee, umpire or officials' decisions and the rules of the game.
- Co-operate with teachers, coaches, volunteers, team mates and opponents.
- Control your temper, do you and do not criticise others by words or gesture.
- Work to the best of your ability both individually and as a team.
- Be a good sport. Recognise good play even when it comes from the other team.
- Respect the facility and equipment being used.
- Wear appropriate kit and remove jewellery before play.

Parents / Spectators

- Young people play school sport for fun.
- Applaud good performance and effort by your team and the opponents. Congratulate both teams.
- Encourage players to play by the rules and the respect the official's decision.
- Never ridicule or criticise young people for making a mistake during a competition, mistakes are part of learning.
- Condemn the use of violence in any form, be it by spectators, coaches, teachers, officials or players.
- Show respect for your team's opponents.
- Demonstrate appropriate social behaviour by not using foul language or harassing players, coaches, teachers or officials.
- Recognise the value and importance of teachers, volunteer coaches and officials, and show your appreciation.
- Let the teacher/coach do their job, don't confuse the players by telling them what to do.
- Anyone taking photos should complete a photo consent form and wear sticker

Team Managers / Teachers / Volunteers

- Show respect to others involved in the game including your players, match officials, opposition players, coaches, managers, and spectators
- Compliment both teams on their effort, giving positive, constructive criticism.
- Be consistent, objective and courteous in calling infractions.
- Don't use inappropriate language, behaviour and violence of any form.
- Act as a positive role model, adhere to the rules and teach players to.
- Promote fair play and appropriate sports behaviour.
- Ensure that your behaviour is consistent with the principles of good sportsmanship at all times.
- Place the wellbeing and safety of a player before the development of performance
- Encourage players to value their performance and not just results
- Treat all people fairly and with respect regardless of race, background, religious beliefs or gender
- Use common sense to ensure that the "spirit of the game" for young people is not lost by overcalling violations.

RULES & FORMATS:

CHALLENGE 1 - PASSING RELAY

PARTICIPANTS

- Teams must include 5 participants
- Open Mixed Gender Split

EQUIPMENT

- 1 Rugby Ball
- 7 cones / markers
- Stopwatch

SET UP

- Place 5 cones 1 meters apart, where a team of 5 will stand in a line, side by side.
- Place another cone 5 meters forward from the end of the line. This will be a TRY cone.
- Place another cone 5 metres in front of the start cone to create a 5x5m square. This will also be a TRY cone.

CHALLENGE OUTLINE

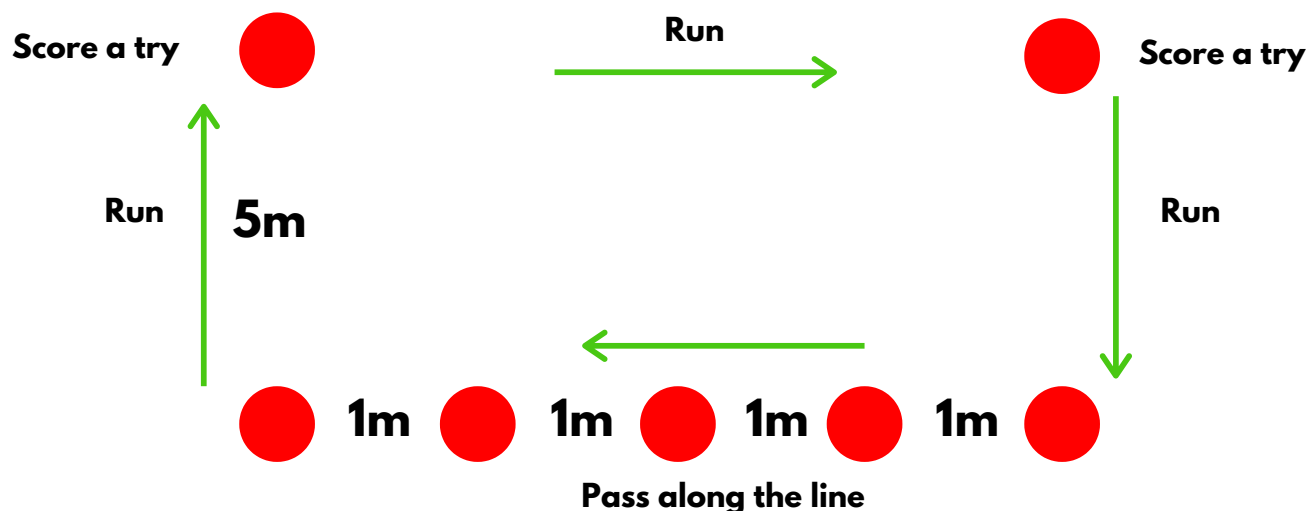
How quickly can your team complete the passing relay?

- Each team has one rugby ball. The ball is passed along the line, using an underarm swing.
- When the ball reaches the last person, they must run and touch down on first 'try' cone before running to the second 'try cone' and touching it down again.
- They must then run back to the start of the line and pass the ball to the next participant.
- All the children shuffle along one place and the throwing, catching down the line is repeated until they all reach their original starting position.
- **Each participant must go twice** to complete the 20 'tries' in total.
- Record the time taken to complete this challenge (in seconds).

To view our instructional video - [click here](#)

SUBMITTING RESULTS

Your submitted scores should be the total time (in seconds) taken to complete the passing and running relay. Please enter your results into the spreadsheet and return to Jon Griffiths (jgriffithsls1ssp@gmail.com) by **Friday 26th March**.



RULES & FORMATS:

CHALLENGE 2 - RUNNING RELAY

PARTICIPANTS

- Teams must include 5 participants
- Open Mixed Gender Split

EQUIPMENT

- 1 Rugby Ball
- 3 cones / markers
- Stopwatch

SET UP

- Place 3 cones in a straight line
- 1 cone at the start line
- 1 cone at the 5m line
- 1 cone at the 10m line

CHALLENGE OUTLINE

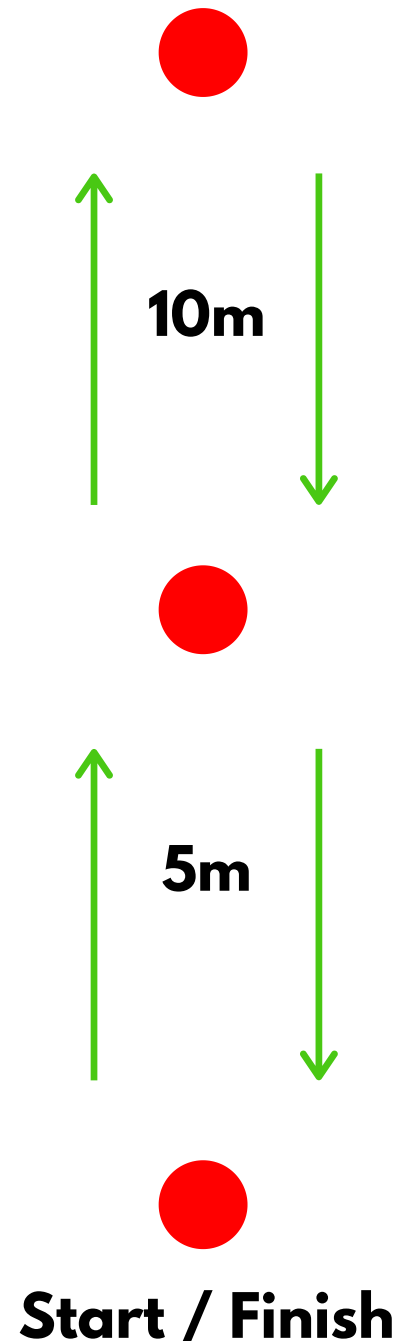
How quickly can your team run a 10m rugby relay course?

Children stand in line behind the start cone. In turn, the first participant runs, places ball down by middle cone, runs around end cone, picks up the ball on return, before doing a short pass to next in line. **Each participant goes twice** to complete 10 runs in total.

To view our instructional video - [click here](#)

SUBMITTING RESULTS

Your submitted scores should be the total time (in seconds) taken to complete the passing and running relay. Please enter your results into the spreadsheet and return to Jon Griffiths (jgriffiths1s1ssp@gmail.com) by **Friday 26th March**.



ADDITIONAL INFORMATION:



- Please submit your results by **Friday 26th March** via the results spreadsheet.
- Results will be announced on **w/c 12th April**
- Prizes will be awarded for the winning teams in each year group.
- The Spirit of the Games Award will be awarded to the schools with the most participation & engagement for each area.
- The Quad Cup competition is based on participation so please get involved and help contribute to your area total.

Remember to tweet your involvement to @LSLSSP using the hashtag #TheQuadCup21

- Participation certificates can be downloaded via the SLSSP website
- [CLICK HERE](#)

GOOD LUCK!



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