



WE PLAY RUGBY



Scouts



♥ rugby





Contents

 See this symbol? That means there's a website link!

3

About the collaboration

4

What you'll need to know

5

Part one: Make your mark

6

Part two: Activation

7

Part three: Skill phase

8

Part four: Path ahead and where to share



 rugby

About the collaboration

Scouts and England Rugby are joining forces on an exciting new initiative aiming to teach young people important life skills.

We're creating an exciting T1 Rugby programme that all Scouts can get involved in!

The aim of the programme is to give more young people the opportunity to experience T1 Rugby in a variety of ways.

A message from Abby Dow



'It's exciting that England Rugby are working with Scouts to introduce more young people to rugby. I used to be a Beaver, Cub and Scout and through the years, Scouts taught me to try new things and allowed me to meet people I never would've met before. I can't wait to see lots of you complete the newly branded Physical Activity Badges and feel inspired to play rugby.'



Watch me!



What you'll need to know

Our activities

The activities are broken down into four key areas:

1. **Make your mark.** Choose at least one of the activities.
2. **Activation.** Get moving with fun T1 Rugby warm ups.
3. **Skill phase.** Bring T1 Rugby to life through fun games.
4. **Path ahead.** Link to local club, do the physical activity badge.



How to order badges

All of our activities are suited to all Sections, from Squirrels through to Explorers. You don't need many resources to complete them, either. For activities in parts two and three, you'll need enough space for your Section to safely move around.

To support your activities, you can order a free rugby ball (while stock lasts) from [Scout Store](#).



Part one: Make your mark

Design a rugby shirt

Unleash your inner kit designer and create your own rugby shirt. It could be bold and classic, or wild and wacky. Think about colours, team logos, and what makes a shirt stand out on the pitch. Will yours be a fan favourite?



Create a rugby fan poster

Make a vibrant, eye-catching poster to support your favourite team or player. Use bold slogans, cool graphics, or fun drawings to show your team spirit and rally the crowd.



Make a Yarn art project

Celebrate the iconic Red Roses with a crafty twist. Use yarn to create a piece of art inspired by the England Women's Rugby team, whether it's a red rose or rugby ball.



Design your own game using a rugby ball

Get active and inventive. Can you come up with a brand new game using a rugby ball? It could be a team challenge, an obstacle course, or a skill-based activity. Set the rules, test it out with friends, and see if your game becomes the next big thing at Scouts.



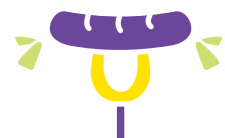
Design a rugby badge

Scouts love badges, so now you can create one. Design a rugby themed badge that could be earned by completing this challenge pack. Think about what rugby represents, such as teamwork, strength, and determination. Can you capture that in a cool badge design?



Host a watch party BBQ

Rugby and BBQ – the perfect match! Plan a watch party for a rugby game. Decorate your space, prep some tasty food that everyone can enjoy, and invite friends or family to join. Remember to show your support with posters, face paint, and big cheers.





Part two: Activation

Before you dive into the action, get your body moving and muscles ready with some fun and energetic warm-up activities to boost your focus, teamwork, and agility.

Rugby statues 🌟

Player challenge: How quickly can you stop and freeze? How still can you be when in freeze?

Focus: Running movements, starting and stopping, balance

Leader tip: Encourage players to look forward and keep their head neutral

Toilet tag 🌟

Player challenge:

- Can you get into a good squat position when you are on 'the toilet'?
- When you're the tagger, how many people can you tag?
- How many 'toilets' can you 'flush' or people can you set free?

Focus: Changing direction, starting and stopping, balance and squatting control

Leader tip: Encourage players to look forward and keep their head neutral, and keep their chest up

Stuck in the mud 🌟

Player challenge: When you're the tagger, how many people can you tag? When you've been tagged, can you hold a good stable position?

Focus: Coordination of arms and legs, balance control, different body shapes and movements

Leader tip: Change the action for when a player is 'stuck in mud', such as 'be an animal' or 'hold a scarecrow position' and rally the crowd





Part three: Skill phase

Now it's time to build your rugby skills. These ball games are designed to help improve coordination, passing, catching, and communication – all while having loads of fun.

These activities work towards these badges

Activities

1. [Play rugby end ball](#)
2. [Play keep ball](#)
3. [Play rugby racers](#)

Squirrels Be Active Activity Badge



Cubs Physical Recreation Activity Badge



Scouts Physical Recreation Activity Badge



Cubs My Skills Challenge Award



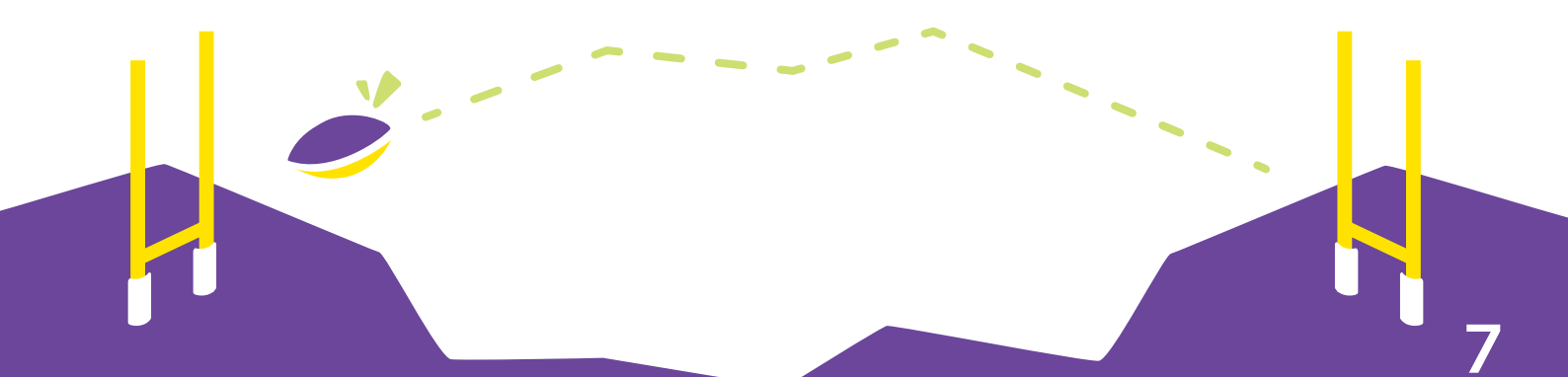
Cubs Teamwork Challenge Award



Scouts Teamwork Challenge Award



Beavers My Skills Challenge Award





Part four: The path ahead

You've tackled the challenge, but what's next? Here're exciting opportunities for your Sections to keep their rugby adventures going.

[Twin with your local rugby club](#)

Are you Cubs or Scouts? Take your rugby journey forward with the [Physical activity badge here.](#)

Enjoyed the activities? There're plenty more for you here.

Why not try a game of T1 rugby? Here's a video to support you with [introducing and progressing T1 Rugby with your Section.](#)

[Go to a game at your local Premiership Women's Rugby \(PWR\) or Championship club.](#)

Doing Duke of Edinburgh's (DofE) Award, or King's Scout Award? Find volunteer opportunities at your local club.

Share your stories

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WE PLAY RUGBY

