



TEACHER TRAINING SESSION (60 minutes)

| TIME | SESSION | DESCRIPTION |
|------------|--------------------------|---|
| 5 minutes | Welcome & Introduction | <ul style="list-style-type: none"> • Introduce yourself and your role • Each person introduces themselves, their school and main reason for attending |
| 5 minutes | What is Rookie Rugby? | <ul style="list-style-type: none"> • Rugby Canada National Program for Elementary Aged school children • Fun, safe, inclusive • Covers off Ontario Curriculum, Physical Literacy (PL), Fundamental Movement Skills (FMS), LTAD, CS4L, OPHEA etc (refer to Educational Information document) • Rookie Rugby Curriculum |
| 35 minutes | Curriculum Games | <ul style="list-style-type: none"> • Select 3-4 games to play with the teachers (5 min each) • Quick debrief after each game (why is this good for students?) • How games relate back to PL, FMS |
| 5 minutes | Rookie Rugby Information | <ul style="list-style-type: none"> • Go over Teacher Information Page • Provide promotional flyers • How to purchase equipment • Emphasize website rookierugby.ca |
| 5 minutes | Rookie Rugby Support | <ul style="list-style-type: none"> • Your contact details • Connecting with the local rugby club(s) • Invite to a club RR session • Future follow up with each school • Accessing school numbers for reporting |
| 5 minutes | Conclusion | <ul style="list-style-type: none"> • Questions • Thank you |