



Biggar High School – School of Rugby

Year 1 Review

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1.0 Overview

The Biggar High School 'School of Rugby' pilot programme was launched at the start of the 2013/14 school year. The programme involves youngsters receiving 3 periods of rugby per week throughout their 1st and 2nd years at High School. 2 of their periods take place during curriculum time and the third runs as an after-school club.

Objectives of the programme include:

- Improving fitness
- Having a positive impact on School attendance
- Help youngsters develop life skills through sport
 - Communication
 - Ability to follow instruction
 - Responsibility
 - Respect
 - Problem Solving
 - Creativity
- Attracting players to Biggar RFC
- Improving youngsters Rugby knowledge and ability.

This document will offer a full summary of the first year of the school of rugby programme including impact on participation (for 2013/14 season and looking forward to 2014/15), fitness test results and Survey results including the positive and negative feedback receive and what has been done to improve going forward.

2.0 Impact on Participation

2.1 2013/14 School of Rugby

- Over the course of the year we have had a total of 19 participants (13 boys and 6 girls) on the school of rugby programme.
- 14 participants (10 boys and 4 girls) completed year 1 of the programme. This includes:
 - 12 participants who were original SOR members
 - 2 members who started the SOR programme midway through the year
- 5 participants pulled out of, or were removed from the programme midway through the year. Reasons for leaving were as follows
 - 3 participants, when told they must attend extra-curricular sessions as part of the SOR programme decided to leave.
 - 1 participant (a long standing club member) fell out of favour with rugby and left the SOR programme and subsequently Biggar RFC.
 - 1 participant consistently failed to turn up for after-school clubs and was removed from the programme.
- Of the 19 total participants:
 - 6 were existing club members (from P7)
 - 1 plays with Currie RFC
 - 9 new starts have joined Biggar RFC (1 has since stopped again and is no longer on the SOR programme)
 - 3 have not joined Biggar RFC (2 of whom are no longer part of the programme)

2.2 2014/15 School of Rugby

- 4 new participants have come forward to start with the S2 school of rugby (3 boys and 1 girl)
 - None are existing members though 3 (all boys) have trained at the club at the later part of the season and have signalled their intent to join for the 2014/15 season.
- 21 participants (16 boys and 5 girls) are currently signed up to start the S1 School of Rugby
 - 3 are existing club members
 - 18 are not current club members

3.0 Fitness Tests

- 3 fitness tests were run at year start and year end to measure improvement.

3.1 Fitness Test Descriptions

Bleep Test

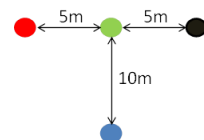
This is a test of stamina. Two lines of cones are placed 20m apart. Participants start on one of the lines. Every time the pre-recorded test beeps, participants have to run to run 20m to the other line. The test starts at level 1 and goes through to level 21. Each level has a set number of shuttles and the beeps get closer together with each level up. Once a participant has missed 3 consecutive beeps, or gives up, they are out and their score is recorded. The score 5/7, for example, refers to level 5 and 7 shuttles.

T Test

This is a test of acceleration and agility. Cones are set out in T shape. Participants start on blue are required to touch each cone in the following order:

Blue – green – red – black – green – blue

Participants complete the T-test in as quick a time as they can.



30m Sprint Test

Cones are set 30m apart. Every 30 seconds participants sprint between the cones. They repeat this 10 times. The first 3 and the last 3 sprints are timed.

This is a test of speed endurance.

3.2 Fitness Test Results

3.2.1 Bleep Test

Participant #	21/10/2013	02/05/2014	=	21/10/2013	02/05/2014	
	Total Shuttles	Total Shuttles		Total Shuttles	Total Shuttles	
#1	8	9/7	=	61	79	
#2	6/6	10/3	=	47	86	
#3	7/2	12/8	=	53	114	
#4	5	7/1	=	32	52	
#5	7/6	10/0	=	57	83	
#6	8/4	10/0	=	65	83	
#7	10/2	11/6	=	85	100	
#8	5	6/5	=	32	45	
#9		7/4	=		55	
#10	5	6/0	=	32	41	
#11	7/6	11/10	=	57	104	
#12	10/5	12/8	=	88	114	
#13	10/2	10/8	=	85	103	
#14		10/6	=		101	
Average Level	7/7	9/11		Average Shuttles	57.83333333	82.85714286

3.2.2 T Test

Participant #	21/10/2013	02/05/2014
#1	11.42	10.25
#2	14.69	10.37
#3	12.16	10.69
#4	11.86	11.3
#5	12.27	10.72
#6	12.64	10.07
#7	11.02	10.28
#8	12.66	11.13
#9		9.78
#10	12.34	10.78
#11	10.64	9.78
#12	10.97	10.62
#13	10.58	9.87
#14		10.84

3.2.3 30m Sprint Test

Participant #	30m Sprint Test - 21/10/2014						30m Sprint Test - 02/05/2014					
	Time 1	Time 2	Time 3	Time 8	Time 9	Time 10	Time 1	Time 2	Time 3	Time 8	Time 9	Time 10
#1	6.9	5.3	5	6	6.5	6.1	4.5	4.7	4.9	4.8	5.1	4.6
#2	6.6	5.7	6.1	5.5	6.3	6.9	4.9	5.2	5.1	5.5	5.2	5
#3	6.2	5.8	6.7	6.3	7.3	6	4.6	4.6	4.8	4.9	5	4.5
#4	6.3	6.4	6.8	6.9	6.9	7.2	5.2	5.3	5.4	5.9	5.3	5.2
#5	6.4	6.7	7	6.8	7.3	6.8	5.1	4.8	5	5.3	4.9	4.8
#6	5.8	6.2	6.6	6.6	6.8	6.5	5.1	5	5	5.4	5.3	5.2
#7	5.2	5.5	5.9	5.5	5.9	5.4	4.5	4.5	4.4	4.9	4.9	4.8
#8	6.4	6.5	6.7	6.9	7.2	6.3	5.4	5.3	5.9	5.7	5.9	5.5
#9							5	5	5.1	5.1	5.1	5.2
#10	6.7	8	7.2	7.7	7.5	7.7	6.6	5.9	6	6.6	5.9	5.8
#11	6.3	6	6.3	5.5	6.7	5.7	4.5	4.6	4.6	4.8	5	4.7
#12	6	6.4	6.5	6.2	6	6.4	4.6	4.7	4.8	4.6	4.8	4.9
#13	5.3	5.2	5.4	5.4	5.7	5.3	5.8	4.9	5.1	5	5.4	4.9
#14							5	4.9	4.9	5.2	5	5.1
Average Time	6.18	6.142	6.35	6.275	6.675	6.358	5.057	4.96	5.071	5.26	5.2	5.0143

4.0 Example School of Rugby Report

- Every School of Rugby participant received an end of year report similar to below at the end of the year



School of Rugby Report – Example



STRENGTHS

I'm a big fan of *****'s abilities. She is an excellent runner with the ball in hand, fearless in the tackle and very difficult to catch when she gets space to run in. Her ball handling and decision making are also always improving and she has a superb work ethic.

AREA'S FOR DEVELOPMENT

One area to develop for ***** would be her agility. She is extremely quick and, when she has space to work with is, a very dangerous attacker. She does, however, tend to rely on pace alone to beat defenders. What she doesn't do is the create space for herself with a side-step/change of direction. If you don't think you have space to beat the defender with speed ***** , head straight towards the defender hoping they stand up and commit to the tackle then use a quick side-step / change of direction (and your speed!) to beat them.

Another skill which would bring on *****'s game hugely would be develop the ability to scan for gaps in defence and hit them at full pace – if you get the ball from this you have a good chance of making huge ground, if you don't get the ball you will pull defence out of position and create space for your teammates.

OTHER COMMENTS

***** is an absolute pleasure to coach. She always listens carefully and makes every effort to improve. She consistently gives 100%, is natural athlete and is aggressive and confident in contact. Given a bit of hard work ***** could go a very long way in rugby. Well done!

FITNESS TEST RESULTS

	Start of Year - 21/10/2013	End of Year - 02/05/2014		
Bleep Test	10/2	11/6		
T Test	11.02s	10.28s		
30m Sprint Test	1	5.2s	1	4.5s
	2	5.5s	2	4.5s
	3	5.9s	3	4.4s
	8	5.5s	8	4.9s
	9	5.9s	9	4.9s
	10	5.4s	10	4.8s

CLASS AVERAGES

	Start of Year - 21/10/2013	End of Year - 02/05/2014
Bleep Test	7/7	9/11
T Test	11.94s	10.46s
30m Sprint Test	6.3s	5.1s

For test descriptions please see reverse side of this report

5.0 Survey Feedback

At the year end, surveys were emailed out parents of SOR members and teachers whose classes were missed as a result of the SOR.

Participants of the survey were asked to rate 4 statements on the scale:

1. Strongly disagree
2. Disagree
3. Agree
4. Strongly Agree

Participants were then asked to give any written feedback – positive or negative. This question was optional. Please note participant names in feedback have been replaced with ***** to ensure anonymity.

5.1 Parent Results

Statement Ratings

	Strongly Disagree	Disagree	Agree	Strongly Agree	Total	Average Rating
My child has enjoyed being a part of the 'School of Rugby' programme.	0.00% 0	0.00% 0	11.11% 1	88.89% 8	9	3.89
I perceive my child's physical fitness to have improved as a result of being part of the School of Rugby programme	0.00% 0	0.00% 0	11.11% 1	88.89% 8	9	3.89
My child has never struggled to catch up with classes they've missed as a result of being part of the School of Rugby programme.	0.00% 0	0.00% 0	44.44% 4	55.56% 5	9	3.56
Despite missing 1 of the 3 Physical Education periods per week to participate in the School of Rugby programme, my child has still had the opportunity to participate in and enjoy other sporting activities.	0.00% 0	0.00% 0	33.33% 3	66.67% 6	9	3.67
Overall, I feel the 'School of Rugby' programme has had a very positive impact on my child's first year at Biggar High School.	0.00% 0	0.00% 0	11.11% 1	88.89% 8	9	3.89

Additional comments?

****** is thoroughly enjoying her time playing rugby. I feel it's been a fantastic opportunity for her to participate in a sport which she probably wouldn't have even thought of playing!*

6/5/2014 9:27 PM

My son has thoroughly enjoyed being part of the school of rugby in 2013/2014. He was new to the area and this really helped him settle in at school and make new friends. It has also given him a real focus on his health and a drive to maintain his physical fitness.

6/3/2014 3:56 PM

My son has particularly enjoyed the programme of School Of Rugby providing him with a greater opportunity to make new friends, to take up a new sport within the school environment and in a disciplined positive manner. It has helped to give him focus, something to strive for and above all something to enjoy, have fun at and to nurture the beginnings of being part of a team and team spirit.

5/25/2014 8:46 PM

*I believe the school of rugby helped *****'s transition from primary to secondary and gave her a sense of 'belonging' within the high school community. At an age where statistics show teenage girls 'opt out' of sport, the school of rugby has given ***** an enhanced work ethic towards team sports and individual achievements! Thankyou Callum for your encouragement, enthusiasm and commitment to ***** and the other students in Biggar High School's school of rugby. You are developing the feeling of pride in the youngsters, which is a tough attitude to teach!*

5/22/2014 8:57 PM

*We have been delighted with the first year of the school of rugby and feel ***** has gained in many areas and she is thoroughly enjoying her rugby. Many thanks to all those who have helped with this at the school, & special thanks to Callum from the rugby club.*

5/22/2014 1:43 PM

He loves the rugby and I believe that the increases physical exercise has helped his concentration in his school work and his enjoyment of his first year at high school.

5/22/2014 1:32 PM

Communication of events and cancellation of sessions could be improved especially when transport has to be organised by parents. I understand numbers and differing skill levels dictate what is covered in sessions, however, could the Friday pm session be more than just a game of tag rugby and do players have an individual set of goals/objectives that could be shared with parents? Otherwise, really pleased with 1st year!

Thanks

5/22/2014 11:52 AM

5.2 Teacher Survey

	Strongly Disagree	Disagree	Agree	Strongly Agree	Total	Average Rating
In general, the in-class behaviour of those participating in the School of Rugby is of a high standard.	0.00% 0	15.38% 2	53.85% 7	30.77% 4	13	3.15
In general, those participating in the school of rugby programme have shown high levels of respect towards staff and fellow students.	0.00% 0	15.38% 2	61.54% 8	23.08% 3	13	3.08
Those participating in the School of Rugby have not struggled to catch up with classes missed as a result of being part of the programme. (if none of your classes have been missed please leave blank)	18.18% 2	18.18% 2	54.55% 6	9.09% 1	11	2.55
I feel the School of Rugby is a positive programme for young Biggar High School students to become involved with.	0.00% 0	0.00% 0	66.67% 8	33.33% 4	12	3.23

Additional comments?

Most of those involved have been reasonably good about "making up for lost time", and catching up with what's been missed. But there were some difficulties caused by being hit twice because of how the timetable worked; and not every student can handle the responsibility of checking on every detail / admin point missed.
6/6/2014 11:08 AM

****NB** For year 2 the timetable has been changed to ensure pupils do not miss the same subject twice in the year.

The boy concerned was not hugely interested in my subject. He did not attempt to catch -up on missed work. In S4 he has not continued in my subject.
6/6/2014 10:09 AM

****NB** I feel the teacher who completed the statement above has mistaken the 'School of Rugby' for the curriculum specialist skills sessions run with older students in the school. No S3 students were involved in the School of Rugby Programme.

It seems like an interesting, worthwhile programme, but not at the expense of missing the same subject every single week. That is not something that can be compensated for by the individual pupil.
5/21/2014 1:33 PM

****NB** The subject missed rotates on a 6 weekly basis. Pupils miss one subject for 6 weeks then change to miss an different subject.