



England  
Rugby

England Rugby

UPDATE

Teacher & Coach  
Development Days

1. Quilter Kids First Skills Series
2. Keep Your Boots On e-Learning
3. RugbySafe & Activate
4. xRugby7s
5. Age Grade Rugby Codes of Practice
6. GMS
7. #wizardwall



# Quilter Kids First Skills Series

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Quilter Kids First Skills Series is a coaching resource. The library of videos features the stars of England Rugby as they take you through a number of practices that can help improve your rugby players, so that they have the confidence to enjoy their rugby. Find below a series of videos for each Quilter Kids First age group to use at your next training session, or even at home in the back garden.

[Video link](#)

[keepyourbootson.co.uk](http://keepyourbootson.co.uk)

## ***ELEARNING COURSES***

**Develop your coaching and refereeing knowledge with our library of free eLearning Courses.**

Choose a category and then follow the recommended steps. Work at your own pace and in your own time.



Activate is an injury prevention exercise programme that can be integrated into training and pre-match sessions. The exercises included in the programme are designed to improve functional and core strength, balance and agility, all of which assist a player in dealing with the physical demands of the game.

[Web link](#)



x RUGBY 7s

# RUGBY RE INVENTED



The [Age Grade Codes of Practice](#) provide practical support and best practice to those delivering the Age Grade game.

The Codes give practical advice on how to adopt a player-centred and holistic approach to rugby and support the application of Regulation 15.

There are seven codes in total, covering a number of topics ranging from playing and training frequency to the grouping of players and key information on player welfare.

If you are involved with Age Grade Rugby, read and commit to following the Codes of Practice. Then tell others about it. It's in the interest of our players and their lifelong enjoyment of the game.

## What is it?

- Our game wide database for those involved in rugby.

## Why is it important?

- Able to tell you able things which matter to you – i.e. tickets, TDD
- Our only way of communicating directly with you
- Will support player transition
- Support reporting to funders which in turn support school rugby

## What do you do need to do?

1. Update your details on GMS
2. Complete activity questionnaire by 20<sup>th</sup> June 2019

## If you are not on it –

- Please contact [schools@rfu.com](mailto:schools@rfu.com) with your name, school name and DOB.





**Emanuel School Sport** @EMS\_Sport · 20h

This season we wanted to recognise more than just the man of the match each week. Coaches will nominate their ACE players for team of the week;

A - Achievement

C - Community

E - Effort

Here is our 1st EMS ACE XV for week 1 #EMSrugby @QKidsFirst

@EngRugbySchools



1 2 10



**Wellington College RFC** @Ru... 56s

This year we will no longer be posting results on Twitter. We will still, of course, be celebrating the boys and all they do within the Rugby Club. Specifically we will focus on actions in line with the College and Rugby Club values #respect #passion #humility

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**Samuel Whitbread PE** @Sam... now

Great evening of rugby at @Biggyrugby tonight. 30 @SamWhitPE take on Biggleswade U14's in a friendly game designed to get more people playing club rugby. At least 5 are going training next week. #ThatsWhyWeDoTheJob #ThanksForHavingUs #BIGGY



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THE  
GAME  
OF OUR  
LIVES