



Guidelines for the use of the best and worst rugby captains in the world

Activity title:	The best and worst rugby captains in the world
Curriculum area:	DT & CPSHE
NC objectives:	DT: 1b), 1d), 3a) & 5a) and CPSHE: 2b) & 4a)
Main learning objective:	To understand the consequences of their actions through the focus of rugby

Timing	Lesson plan ideas, activities and resource sheets
INTRODUCTION 15 minutes	<ul style="list-style-type: none"> • Discuss the role of a captain in a team and the responsibilities involved. • Discuss what makes a good rugby captain and the personal qualities that are needed to be an effective captain. • Explain the main task to be carried out during the lesson.

Continued



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<p>MAIN ACTIVITY</p> <p>35 minutes</p>	<ul style="list-style-type: none"> • Split the class into groups. Provide half of the groups with '1.21a The worst rugby captain in the world' worksheet and the other half with '1.21b The best rugby captain in the world' worksheet (enlarge sheets to A3). • Pupils should draw a cartoon style captain in the centre of the worksheet and fill the speech/action bubbles with things that the captain says or does to make them the worst or best captain in the world.
<p>PLENARY</p> <p>10 minutes</p>	<ul style="list-style-type: none"> • Gather the class together and compare the captains created for the two different captains. • Ask "What would it be like to play for the different captains?" • Discuss the consequences of the actions of each of the captains.

Suggested extension activities or cross curricular links:

- Use captains in the practical rugby sessions and evaluate their success after the lesson.
- Look at the rules of rugby that the captain must stress to the team.
- Look at the respect given to referees in rugby and how this helps the game. Compare to other sports.