

Objective

By the end of this lesson, Aaron will have a basic understanding of the history of rugby, including its origins, key developments, and how it has evolved into the popular sport it is today. He will also learn about famous players and the impact of rugby on different cultures.

Materials and Prep

- Notebook and pen for taking notes
- Printed timeline of rugby history (can be created before the lesson)
- Access to a computer or tablet for research (if needed)
- Rugby ball (if available, for demonstration)

Before the lesson, prepare a simple timeline of key events in rugby history. Familiarize yourself with some notable players and teams to share during the discussion.

Activities

- **Timeline Creation:** Aaron will create a visual timeline of rugby's history, marking significant events such as the formation of the Rugby Football Union and the first Rugby World Cup.

This activity will help Aaron visualize the progression of the sport and understand how different events influenced its development.

- **Player Spotlight:** Aaron will choose a famous rugby player to research and present to the teacher (you). He will include information about their achievements and contributions to the sport.

This will allow Aaron to connect with the sport on a personal level and learn about role models in rugby.

- **Rugby Rules Overview:** Together, you will go over the basic rules of rugby and how the game is played. If possible, demonstrate some basic moves with a rugby ball.

This will give Aaron a practical understanding of the sport and how it is played, making the history more relatable.

Talking Points

- "Did you know that rugby started in England in the early 19th century? It was said to have originated from a game called 'football' played at Rugby School!"
- "The Rugby Football Union was formed in 1871. This was important because it helped standardize the rules of the game!"
- "The first Rugby World Cup took place in 1987. It was a huge event that brought together teams from all over the world!"
- "Rugby is played in over 100 countries today! It's amazing how a game that started in one school became a global sport!"
- "One of the most famous rugby players is Jonah Lomu from New Zealand. He was known for his incredible speed and strength!"
- "Rugby has two main types: Rugby Union and Rugby League. They have different rules and are played differently!"
- "In rugby, teamwork is super important! Players have to work together to score points and defend against the other team!"
- "Rugby is not just a sport; it also teaches values like respect, discipline, and sportsmanship!"

- “Many countries have their own rugby traditions. For example, in New Zealand, the Haka is a traditional dance performed before games!”
- “Finally, rugby is a fun way to stay active! Whether you play or just watch, it’s exciting to see the players in action!”