

Rugby Academy in partnership with Northampton Saints.

Course Description:

This course will provide students with the opportunity to develop their playing and leadership skills within the game of Rugby Union.

Students will develop their own playing ability through coaching sessions and strength and conditioning training run by a Northampton Saints coach.

Qualifications Required:

Students will need to have an interest in developing their rugby playing and coaching ability. Students must have the self-motivation and discipline to commit to regular practical sessions.

Aims of the Course:

Leadership skills will be developed through completing the Sports Leader Level 2 qualification. Leadership opportunities will be provided within lesson time by coaching younger students. There will also be opportunities throughout the two years to complete qualifications in both refereeing and coaching Rugby Union. Students will register to the RFU's reward scheme; Young Rugby Ambassador.

Playing skills will be developed through weekly coaching sessions led by a professional coach from Northampton Saints RFC.

Students will develop their levels of fitness through weekly strength and conditioning sessions led by a Northampton Saints coach.

Future Prospects:

Students who complete this course could move on to a number of sport related courses at university, including Sports Science, Sport and PE, PE teacher training, Physiotherapy, Sports coaching, Sport Journalism and Personal Training to name a few. On successful completion of the Level 2 Sports Leader qualification, students can move onto the Level 3 award. This carries 30 UCAS points.

Student Feedback:

"Enabled me to develop skills I wouldn't have been able to develop in other lessons".

"The expertise of the Saints coaches have meant I've improved my fitness whilst enjoying the sessions".

Subject Teachers:

Mr Snowdon and Northampton Saints coaches.

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Features of the Course:

Students have two options within the Rugby course:

Full option:

8 hours of contact time per fortnight:

2 hours of rugby training with a Northampton Saints coach.

2 hours of strength and conditioning training with a Northampton Saints coach.

2 hours of Sports Leader Award level 2 training.

2 hours coaching younger students in PE lessons.

In addition there will be opportunities to carry out leadership within local school's tournaments and festivals.

Half option:

4 hours of contact time per fortnight:

2 hours of rugby training with a Northampton Saints coach.

2 hours of strength and conditioning training with a Northampton Saints coach.