



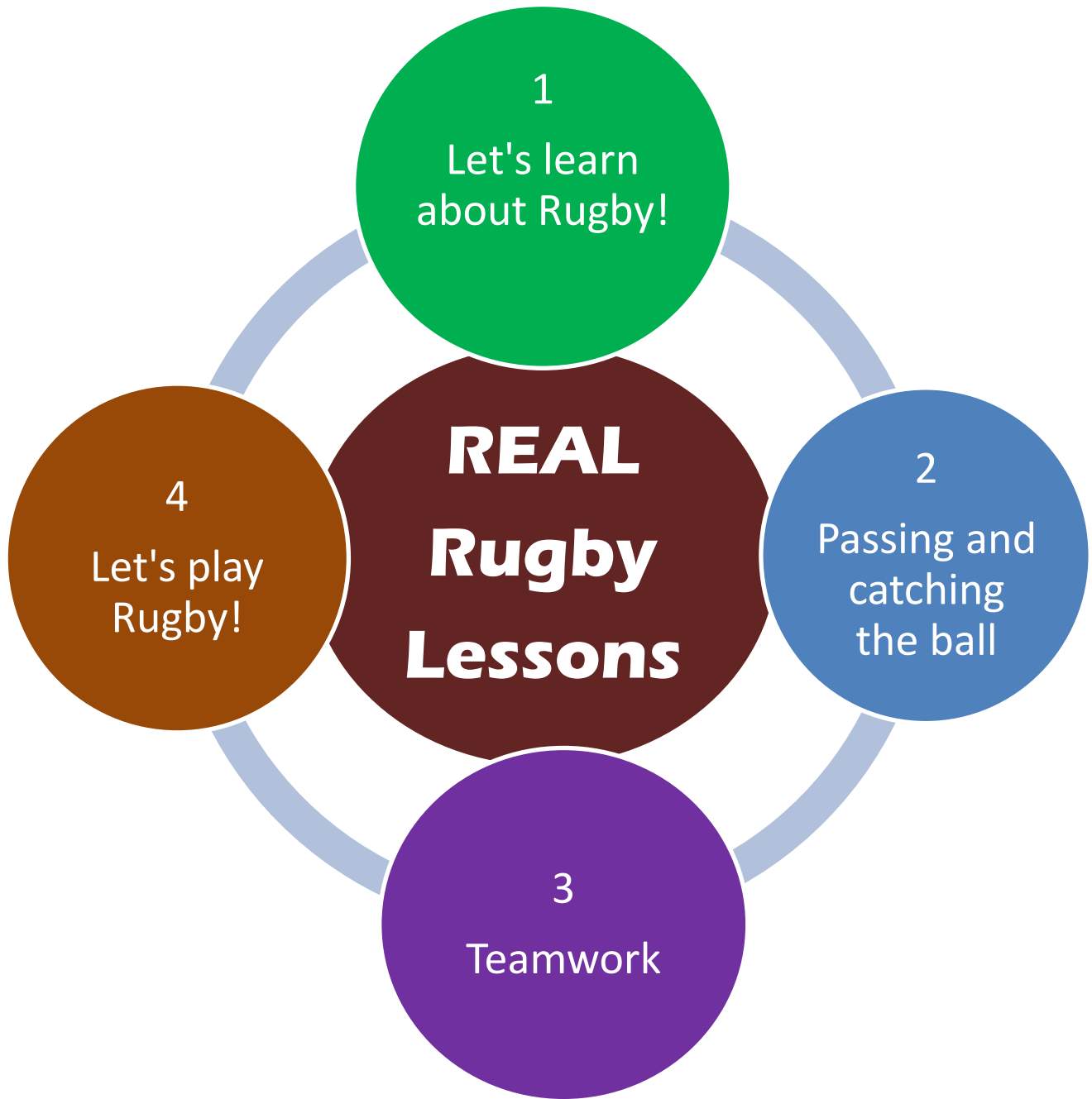
Say it, then play it!

Get REAL

Rugby English Active Learning

Materials written by





Contents

Lesson 1 – Let's learn about Rugby!

Lesson 2 – Passing and catching the ball

Lesson 3 – Teamwork

Lesson 4 – Let's play Rugby!

Play Rugby Quiz

Feedback

Contact Us

The Story of Little Bernie (comic strip)

Joe talks about rugby.

Little Bernie tells Joe he wants to play rugby.

Joe tells Bernie what rugby is about.

Bernie watches a rugby match.

Nick scores a try.

Little Bernie plays rugby.

Mr Wu talks to Bernie.

Mr Wu gives Bernie tickets for the sevens.

Bernie dresses up for the sevens.

Bernie and Joe watch the sevens.

Lesson 1 – Let's learn about Rugby!

Can you match the countries to the flag?



Australia



New Zealand



South Africa



England



Scotland



Wales



Ireland



Hong Kong



Fiji



Samoa

Ask your coaches.....

Are you from **Samoa**?

Key Words

pass

catch

touch

tackle

put *(something)* down

rugby ball

whistle

A try

tryline

Listen to your teacher say the words. Can you say them?

Try this at home!

Match the words to the pictures!

Score a try

1.



Pass the ball

2.



Catch the ball

3.



Tackle

4.



Lesson 2 - Passing and catching the ball

Use the words below to complete the rules.

~~rugby ball~~ pass (x2) catch

whistle a try

put (*something*) down

tackle (x2) tryline

Rules

1. We play rugby with a **rugby ball**. It looks like an egg.
2. You need to _____ the ball to your team members.
3. You need to _____ the ball from your team members.
4. You _____ a player by touching them with both hands.
5. If you _____ a player they must _____ the ball.
6. The coach will use a _____ to stop and start the game.
7. When you score a point, it is called ____ _____.
8. You score a try when you ____ the ball ____ behind the _____.



Key Words

look at... jump run walk

touch turn

sideline

forwards backwards left right

Listen to your teacher say the words. Can you say them?

Try this at home!

What can you remember?

My coaches are called _____ and _____.

_____ is from _____.

_____ is from _____.

Can you remember anything else about your coaches?

.....

.....

Can you remember the rules of rugby?

You can't run outside the _____.

You must stop and _____ the ball if you are tackled.

You must _____ with both hands.

You must pass the ball _____.



Lesson 3 – Teamwork

There are **six premier league teams** in Hong Kong.

Can you match the badges to the description?



This club started in 1851. It is **Hong Kong Cricket Club**.



This is a lion standing up. It is the badge of **Hong Kong Scottish**.



An easy one, the **USRC Borrelli Walsh Tigers**. You can see the name.



This one has a dragon and the date 1886. It is **Hong Kong Football Club**.



This one is easy. It says Kowloon RFC so this must be **Kowloon**.



This looks like a horse or a chess piece. This is **Valley RFC**.

Key words

find

change

chest

hands

over here

behind

over there

inside

outside

Listen to your teacher say the words. Can you say them?

Try this at home!

Rugby Table

| | | PI | W | D | L | PF | PA | PD | Pts |
|---|------------------------------|----|----|---|----|-----|-----|------|-----|
| 1 | Societe Generale Valley | 15 | 11 | 1 | 3 | 404 | 254 | 150 | 53 |
| 2 | Kowloon RFC | 15 | 10 | 0 | 5 | 340 | 275 | 65 | 45 |
| 3 | Bloomberg HK Scottish | 15 | 9 | 0 | 6 | 352 | 336 | 16 | 43 |
| 4 | Natixis HKFC | 15 | 7 | 1 | 7 | 339 | 324 | 15 | 37 |
| 5 | Herbert Smith Freehills HKCC | 15 | 3 | 1 | 11 | 321 | 444 | -123 | 20 |
| 6 | Borrelli Walsh USRC Tigers | 15 | 3 | 1 | 11 | 272 | 395 | -123 | 18 |

- a) Who was **top** of the league?
- b) Who was **bottom**?
- c) How many games did each of the teams play?

PD is **point's difference**.

- d) Who had the **best** point's difference?
- e) Who had the **worst** point's difference?



Lesson 4 – Let's Play Rugby!

Can you write about the scores?

| | | |
|---|-----------|---|
|  | 24 — 20 |  |
| Natixis HKFC | VS | Herbert Smith Freehills HKCC |
|  | 24 — 19 |  |
| Bloomberg Scottish | VS | Borrelli Walsh USRC Tigers |
|  | 31 — 24 |  |
| Societe Generale Valley | VS | Kowloon |
|  | 19 — 20 |  |
| Kowloon | VS | Herbert Smith Freehills HKCC |

HKFC beat HKCC by four points.

Scottish beat USRC Tigers by
_____ points.

Kowloon lost to Valley by _____
_____.

HKCC _____ Kowloon _____
_____.

Key Words

pass the ball backwards

turn left turn right catch the ball with both hands

tackle with both hands stay inside the sidelines

don't go outside the sidelines

Listen to your teacher say the words. Can you say them?

Try this at home!

Read about this player. Check these words in your dictionary first:

fascinated

research

massive

tournaments

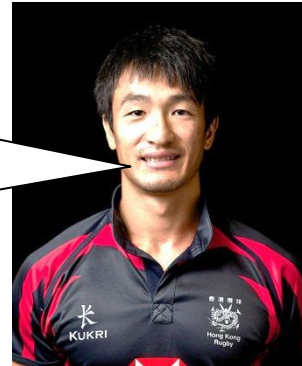
atmosphere

full-time

professional

Salom Yiu Kam Shing (姚錦成) is a Hong Kong Rugby Union player. He plays for the Hong Kong national rugby team. This is what he says:

*'I went to my first Hong Kong Rugby Sevens in 2000, when there were only five Chinese players in the team, and I was **fascinated** by the sport, so I started doing **research** about it.'*



Honours

Silver medal – 2009 East Asian Games

Silver medal – 2010 Asian Games



*'I think people around the world love the Hong Kong Sevens. Audience size is **massive** at the stadium. I've been to **tournaments** in other countries such as Japan but the **atmosphere** is not like Hong Kong.'*

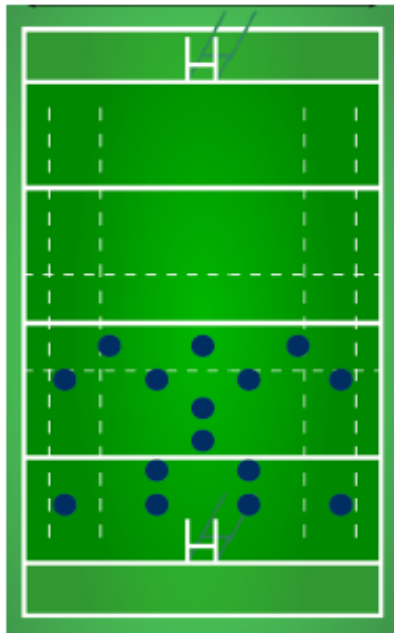
He became a **full-time professional** in April 2013.

Play Rugby Quiz

Rugby is usually played with 15 or 7 men or women in each side. Read about the rules of rugby and try the **quiz**.

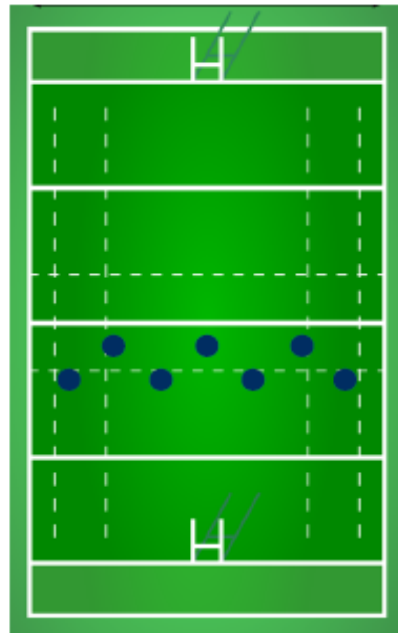
Rugby Fifteens

There are fifteen players on each team.
Eight players are forwards and seven are backs.



Rugby Sevens

There are seven players on each team.
Three players are forwards and four are backs.



- Rugby is played on a grass field. There are posts at both ends. The posts are very important. The posts look like the letter H.

A Lineout



If the ball goes **out of play** there is a **lineout**. The players line up in two rows and then try to catch the ball.

Scoring Points



When you score a **try** your team gets **5 points**. After a try your team can get **more points** by kicking the ball **between** the posts. If you do this you will get **2 more points**.

A Tackle



In rugby Fifteens or Sevens you **tackle** by pulling another player down to the floor.

Passing



You can only pass the ball **backwards** or to the side.

A Scrum



When players do this it is a **scrum**. This happens because someone broke a rule. For example, they passed the ball **forwards**.

Try the quiz now!

Correct the False answers. The first one is an example.

You can pass the ball forwards. ~~True~~/False

This is false. You can pass the ball backwards or to the side.

1. You get 10 points if your team scores a **try**. True/ False
2. You get two more points if you can kick the ball between the posts. True/False
3. There are five premier league teams in Hong Kong. True/False
4. If the ball goes out of play there is a scrum. True/False
5. In non-contact rugby there are no scrums or lineouts. True/False

The answers are in the back of this book

Do you want to play rugby again? There are lots of clubs you can join.

Mini rugby Clubs

Police Breakthrough
East Kowloon RFC
Tai Hang Tung Siaolin
USRC Tigers RFC
Sai Kung Stingrays
Shatin Shapei
Flying Kukris
Tai Po RFC
Tin Shui Wai Eagles
Tsuen Wan Rhinos
Tuen Mun Sharks
Monkeys
SCAA Causeway Bay
Hong Kong Football Club
Aberdeen Dolphins
HKU (Sandy Bay)
Hong Kong East RFC
Valley Fort RFC
South Lantau Buffaloes RFC
Discovery Bay Pirates
Tung Chung Rugby Club

Youth Rugby Clubs

Police Breakthrough
East Kowloon RFC
Kowloon Lions
USRC Tigers RFC
Sai Kung Stingrays
Flying Kukris
Tai Po RFC
Tin Shui Wai Pandas
Tsuen Wan Rhinos
Twisters RFC
SCAA Causeway Bay
Hong Kong Football Club
Aberdeen Dolphins
HKU (Sandy Bay)
Valley Fort RFC
South Lantau Buffaloes RFC
Discovery Bay Pirates

Quiz Answers

1. You get 10 points if your team scores a **try**. True/ **False**
This is false. You get 5 points if your team scores a try.
2. You get two more points if you can kick the ball between the posts. **True/False**
This is true.
3. There are five premier league teams in Hong Kong. True/**False**
This is false. There are six teams in the premier league.
4. If the ball goes out of play there is a scrum. True/**False**
This is false. There is a lineout.
5. In non-contact rugby there are no scrums or lineouts. **True/False**
This is true.

Feedback

Your rugby lessons are finished now.

Complete the questionnaire and tell us what you think of REAL.

| | Yes a lot! | Yes. | No. |
|---|------------|------|-----|
| 1. I learned how to play rugby | | | |
| 2. I worked hard | | | |
| 3. I enjoyed playing rugby with my classmates | | | |
| 4. I practiced my English | | | |
| 5. I did my homework | | | |

6. What can rugby help you to do?

- Make friends
- Get fit
- Relax
- Learn English
- Have fun
- Respect other students

7. Write a comment below.

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