



Rainbows
first try





England
Rugby

**WE PLAY
RUGBY**



Girlguiding
London and
South East England

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Badges are available to order in the Girlguiding London and South East England [online shop](#), where you can also order free rugby balls.



When i
play With
my friends
I feel on
top of the
World!



About our partnership

England Rugby and Girlguiding London and South East England have come together to inspire girls through non-contact rugby and related activities, emphasising fun, fitness and inclusion.

We know that opportunities for sport are important to girls, who can often feel limited by perceptions of which sports are 'for girls'. And, with women's rugby increasing in popularity with every international tournament and grassroots game, we want to inspire the rugby players and fans of the future. We also hope that this partnership will foster local connections with rugby clubs of all sizes in the region – see 'Play it: next steps' for more details.



**WE PLAY
RUGBY**



How to complete this pack

Rainbows First Try is designed to complement our Love Rugby pack with activities especially for our youngest members, giving them their first try at rugby. This pack will introduce Rainbows to England Rugby's 5 values – which we link to the Rainbow promise – and basic rugby skills and principles.

England Rugby's 5 values

teamwork

respect

enjoyment

discipline

sports-girl-ship

Complete the following for all 5 values, then complete the final activity bringing all 5 values together.

hear it

Rainbows will hear a story about rugby-playing animal friends who are exploring each value. There is a colouring sheet to use while Rainbows listen.

try it

Rainbows will try a game putting the value into practice.

create it

Rainbows will do a creative activity celebrating the value.

This is a flexible pack and you don't need to complete the activities all at once. Each value will take around 20–30 minutes so you can do them alongside other activities in your programme. We recommend spacing them out over 1 or 2 terms, depending on how frequently you have joiners and leavers.

You don't need any special rugby skills. Some of the games may already be familiar to you and there are videos available for some of the games on the [Tl Community YouTube channel](#) to help you teach them to the Rainbows.



Lead it: Tips for young leaders

If you're a young leader in a Rainbow unit, we'd love for you to take the lead on the First Try pack. In particular, have a look at the final activity, Rainbows colour tag, which has been designed especially for young leaders to run.

For the rest of the pack, discuss with your leadership team other ways you can lead. There is no one size fits all but here are some suggestions on how leading on the First Try pack could help with the young leader development programme.



Take the next step on your leadership journey and grow your skills with the young leader development programme. Find out more on the Girlguiding website.



Connecting with your local community

Attend a rugby Megafest or visit a local club (see Play it: Next steps) – or help plan this as your outing for Getting out and about

Delivering activities

Use the activities in this pack toward running a non-programme activity

Planning your activities

Create a plan for running the First Try activities

Running activities safely

Risk assess the First Try activities with your leadership team

Working with others

Lead on the First Try activities and share tasks with other team members

teamwork

Teamwork is essential to rugby. We welcome and include all new team members because working as a team makes life better. We play as a team both on and off the field. We are proud of our team, rely on one another, and know that everyone has a part to play.

★ yay!



This is linked to our
Rainbow promise

**“I promise that I will
do my best to think
about my beliefs and
to be kind and helpful”**

★ so fun!

try it

Chain tag

- 1 Start with 2 people who will be the 'taggers'
- 2 When the 'tagger' catches someone, she should hold hands with the Rainbow she tagged
- 3 Holding hands, work together to tag another Rainbow until you make a chain of 4
- 4 When you make a chain of 4, split your chain in half and make 2 teams of 2 Rainbows to start your chains again
- 5 If you are not in the chain, you want to try and not get tagged

create it

Paper chains

- 1 Get into groups - make sure you have a range of ages so there are girls in each group that can write and/or have a leader or young leader assigned to each group
- 2 Cut your coloured paper into strips across the short end of your paper
- 3 Together, come up with words or phrases related to teamwork, the story you just heard and the game you just played
- 4 Write one on each paper strip
- 5 Glue the ends of the first strips together to make a circle, linking each strip through the next one to create a paper chain
- 6 Display these in your meeting place if you can. If you have extra time, you can decorate the strips, too

You will need

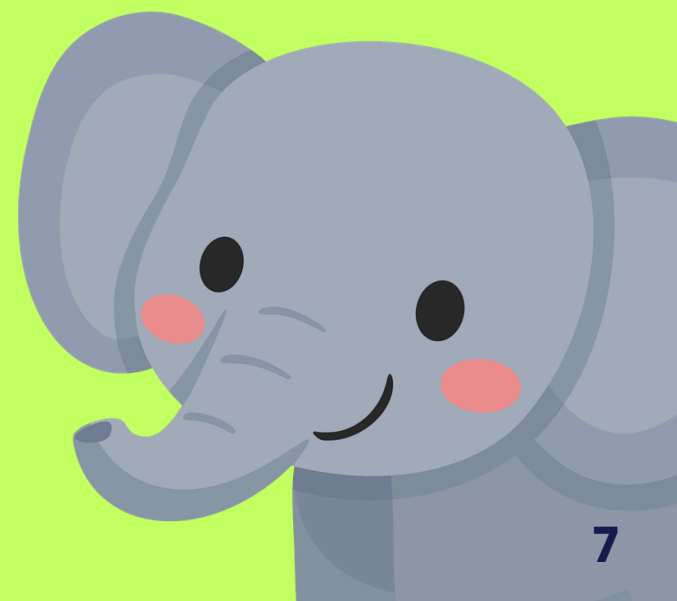
- Coloured paper
- Pens / pencils
- Glue stick

teamwork

hear it

The Elephants and the Giraffes link up

At Savannah Safari Rugby Club, the Giraffes and the Elephants learn about teamwork. Find the full story and colouring sheet in the Rainbows First Try storybook.





respect

Mutual respect forms the basis rugby. We earn the respect of others in the way we behave. We respect our referees and accept their decisions. We respect the other team's players and supporters. We value our coaches and those who run our clubs and treat our spaces with consideration.



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about my beliefs and
to be kind and helpful”**

try it

Ball touch

- 1 Leaders should set a boundary for the game within your meeting space
- 2 Choose a Rainbow to be the ball carrier. The rest of the Rainbows will spread out
- 3 The ball carrier will try to touch as many people as she can with the ball gently and below the shoulders. She must not throw the ball at anyone. A leader or young leader can keep track of the touches
- 4 The rest of the Rainbows should try not to get touched by dodging the ball carrier and moving into space. Those who are tagged should carry on
- 5 After 1 minute, another Rainbow can be the ball carrier

create it

Hands up for respect

- 1 Get a big sheet of paper – at least A3 – or multiple sheets for large units to put together
- 2 Young leaders* write in the word RESPECT creatively – maybe bold lettering, cut out letters, or drawing – in the centre of the paper. Why not theme it around our Emu and Koala friends?
- 3 Rainbows think of ways they can show respect in the unit and every day – write these around the paper
- 4 All unit members can 'sign' the poster by panting their hand and leaving their handprint. Be careful to protect clothing and surfaces
- 5 Display this proudly in your meeting place to show how your unit values respect

* If you don't have young leaders, you can use a Guide helper or another volunteer

respect

hear it

Ekala Emu learns a lesson

In Outback Park, the Emus and the Koalas learn to behave with respect. Find the full story and colouring sheet in the Rainbows First Try storybook.

You will need

- Big sheet of paper
- Pens / pencils
- Paint and brushes





enjoyment

Enjoyment is the reason we play and support rugby. We encourage players to enjoy training and playing. We use rugby for a healthy lifestyle and build life skills. We keep our young players safe and help them have fun. We enjoy being part of a team and part of the rugby family.



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Rainbow promise

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about my beliefs and
to be kind and helpful”**

try it

Raggy taggy

- 1 Leaders should set out a rectangular playing area (e.g. 15 × 20 metres)
- 2 Assign 1 or 2 players to be the "taggers" (defenders), who start in the middle of the playing area, while the rest of the group act as attackers lined up on the short side of the rectangle to start
- 3 Attackers must run from one end of the playing area to the other without being touched by the taggers
- 4 If an attacker is touched below the shoulders they join the taggers for the next run.
- 5 The game continues over several runs, challenging attackers to improve their lines of running, evasion skills, and speed after changing direction. Swap the taggers regularly

create it

Design a kit

We wear our Rainbows uniform at meetings and events to feel part of the guiding family, and to help leaders to find you. Team kits help rugby players feel part of the team and help referees know who is on which team. Use the included template to create your very own rugby kit.

You will need

- Template print outs
- Pens / pencils

enjoyment

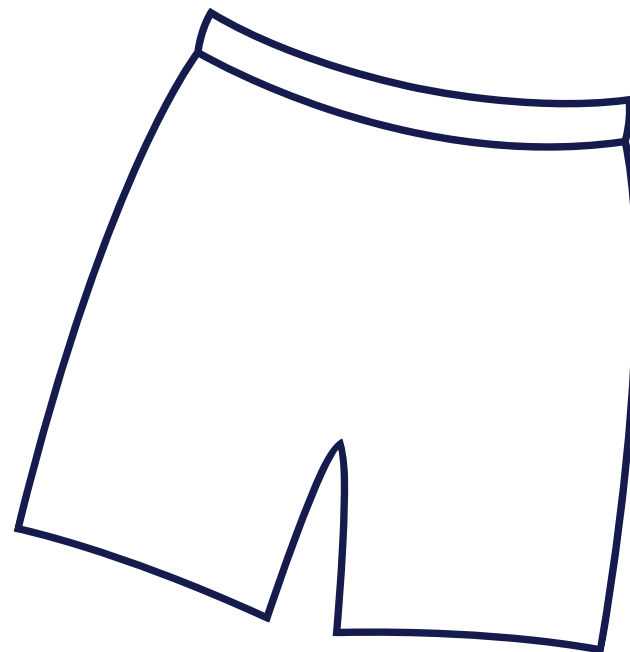
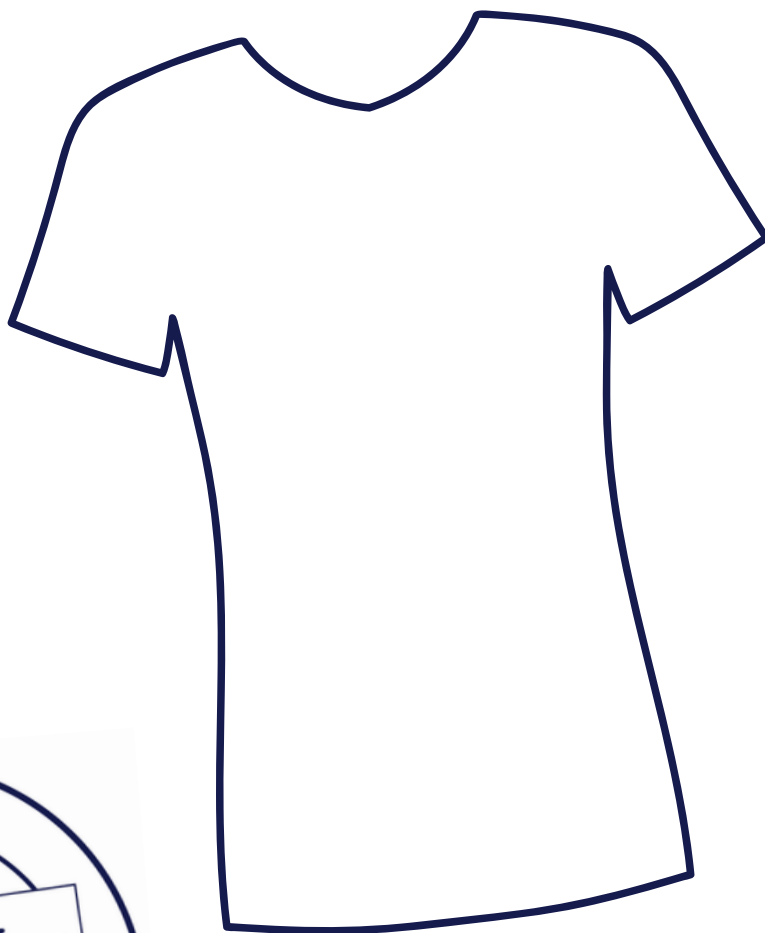
hear it

The Tigers and Pandas play for fun

In Bamboo Forest Park, the Tigers and the Pandas enjoy their day of games. Find the full story and colouring sheet in the Rainbows First Try storybook.



design your own rugby kit



discipline

Strong discipline underpins rugby. We make sure to play with control and that we are honest and fair. We follow the rules of the game so everyone can enjoy it. We speak up when we notice someone is not following the rules.



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Rainbow promise

**“ I promise that I will
do my best to think
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to be kind and helpful”**



feeling
free

try it

Stuck in the mud

- 1 Leaders should set a boundary for playing the game
- 2 Start with 5 Rainbows to be the taggers. If your unit is smaller, use 3
- 3 When the tagger catches someone, the Rainbow she tagged must freeze in a star shape. She is now 'stuck in the mud' and can't move
- 4 Rainbows who are not tagged can free their teammates from the mud by giving them a high five
- 5 The game ends when everyone is stuck in the mud. You can play again with different taggers

create it

Rainbow rules

- 1 In guiding, our 'rules' are our promise: I promise that I will do my best to think about my beliefs and to be kind and helpful. Think about what this means to you
- 2 In our game, we froze in a star shape. Draw a big star on your paper or use the template
- 3 Write your name or draw yourself in the centre of the star
- 4 Now, fill in each point of your star to show the 5 parts of your promise: promise, do my best, beliefs, kind, and helpful. You can do this with words, drawings or art materials. Use lots of colour and get creative!
- 5 Display in your meeting place or at home

Note to leaders: This is a variation of the Promise pocket pals UMA

discipline

hear it

The Foxes get stuck in the mud

At Friendly Forest Rugby Club, the Foxes learn to do the right thing. Find the full story and colouring sheet in the Rainbows First Try storybook.

You will need

- Paper
- Pens / pencils





sports-girl-ship

Sportsmanship is the foundation of rugby. We are friendly with teammates and our opponents, whether we win or lose. We recognise both effort and achievement. We ensure that the wellbeing and development of individual players is central to all rugby activity.



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try it

Passing orbits

- 1 Make a circle and hold hands to get an even distance between everyone
- 2 Let go and take a step backwards, making the circle a little bigger
- 3 One Rainbow starts with the ball and passes it right or left to the next person in the circle and starts running in the same direction outside the circle
- 4 The Rainbows in the circle continue passing the ball around the inside of the circle
- 5 Rainbow who is running runs as fast as she can. She is trying to beat the ball back to where she started
When both the ball and the Rainbow return, move on to the next person. Repeat until everyone has had a go

create it

Cheer for all

- 1 Get into groups of 3-4. You are going to create a special cheer you can use when encouraging each other at Rainbows
- 2 Make up your cheer. Will it have words? Will it have actions? Maybe both? Will it rhyme? Tip: Shorter cheers are easier to remember
- 3 Come back together and each group can perform their cheer

Note to leaders: Take it further with the Cheer challenge
UMA

sports-girl-ship

hear it

Carmen Capybara in orbit

In the Jolly Jungle. Carmen Capybara learns to be a good sport. Find the full story and colouring sheet in the Rainbows First Try storybook.



try it

Rainbows colour tag

- 1 Leaders should set out a rectangular playing area (e.g. 15 × 20 meters) or $\frac{3}{4}$ of your hall space. Young leaders* establish a “training base” at one end of the playing area ready for players
 - 2 Start with 3–4 taggers (defenders) depending on the size of your unit on the short end of the playing area. Everyone else are attackers evading the taggers
 - 3 Attackers must run from one end of the playing area to the other without being touched by the taggers
 - 4 Taggers should tag attackers below the shoulders. If you get tagged 2 times by 2 different taggers you must go to the “training area” (managed by a young leader who will train the attackers)
 - 5 Rainbows training circuit:
 - Red: Catch and pass the ball – my hips to your hands
 - Yellow: Practise kicking – place the ball all on the ground and kick
 - Blue: 1v1 beat the defender – in a small rectangle space, can you get past the defender with the ball?
 - 6 Rotate the taggers
- * If you don't have young leaders, you can use a Guide helper or another volunteer

create it

First Try certificate

Your leader will give you a certificate to show you've completed First Try rugby. Colour it in and display it proudly!

final activity

Now it's time to practise all your new rugby skills!

hear it

The great First Try rugby celebration

The animal friends gather in Willow Meadow Park for a very special day. Find the full story in the Rainbows First Try storybook.



congratulations!

Name:

**For completing Rainbows
First Try with Girlguiding
and England Rugby**



meet your local club

Micros sessions

Club-led non-contact rugby for young players

Watch a game

Women's, men's and youth teams

Match activation

Practise rugby skills before the match or get involved in pitch pageantry

go to a megafest

Keep an eye on the region website page for events.

Get in touch for details on how to run an event with your local club as a district, division or county.

You can also check out the Catch me if you can UMA for another rugby-inspired game you can play with your unit.



See our partnership pages for more details!



play it: next steps



WE PLAY RUGBY

