



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISSRGU201A Perform foundation level Rugby Union skills**

**Release: 2**

## **SISSRGU201A Perform foundation level Rugby Union skills**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to perform the foundation skills of Rugby Union. This unit focuses on the development and performance of Rugby Union skills at a foundation level during drills, activities, games and competitions.

### **Application of the Unit**

This unit applies to current, junior or aspiring athletes who are competing in Rugby Union at a local or regional level. It may also apply to those in sports development or Rugby Union coaching roles.s

### **Licensing/Regulatory Information**

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

### **Pre-Requisites**

Nil

### **Employability Skills Information**

This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

### Elements and Performance Criteria

#### ELEMENT

#### PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Prepare for drills, activities, games and competitions.

- 1.1. Access and interpret Rugby Union ***rules, regulations and policies***.
- 1.2. Determine ***basic biomechanical principles*** as they apply to Rugby Union.
- 1.3. Identify ***foundation level skills of Rugby Union*** and determine observable body movements for each stage of these skills in priority of importance when performing the skills.
- 1.4. Identify the foundation level skills of Rugby Union players applicable to each position and player, and their purpose.

2. Participate in Rugby Union drills, activities, games and competitions.

- 2.1. Undertake ***drills, activities, games and competitions*** in a safe manner, according to ***relevant legislation and organisational policies and procedures***.
- 2.2. Link and perform the foundation level skills of Rugby Union to form a sequence of movements in competition conditions.
- 2.3. Maintain ***effective communication*** with team members and coach during drills, activities, games and competitions.

3. Review foundation level skills performance.

- 3.1. Review skills practiced throughout drills, activities, games and competitions, and identify strengths and areas requiring improvement.
- 3.2. Identify ***conditions and external influences*** affecting conduct of activities and identify contingency strategies to improve future sessions.

## Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

### Required skills

- communication skills on and off the Rugby Union field to:
  - determine other player's intentions and movements
  - communicate with coaches and clarify positions, rules and play setups
  - seek feedback and instructions from team members, coaches, support staff and umpires
- teamwork skills to:
  - encourage and support team members
  - share the ball with others
  - respect other player's decisions
  - participate effectively in training activities
- language and literacy skills to access, interpret and apply information about the rules and regulations of Rugby Union games and competitions
- problem-solving skills to respond appropriately to changing conditions during training and game situations
- self-management skills to:
  - review and reflect on own performance
  - organise time and priorities effectively
  - set short, medium and long term goals.

### Required knowledge

- legislation and organisational policies and procedures to enable safe participation during Rugby Union drills, activities, games and competitions
- rules, regulations and policies of the Australian Rugby Union including laws of the game and best practice codes to enable appropriate participation
- self-reflection principles to enable effective self-evaluation for future improvement
- positions and players of Rugby Union and their roles and responsibilities on the field during games
- relevant equipment and technological aids used in Rugby Union drills, activities, games and competitions to enhance foundation level skill development
- communication systems used between players, coaches, support staff and referees during Rugby Union drills, activities, games and competitions.

## Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

### Overview of assessment

#### Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- determines observable body movements for each stage of foundation skills performance and links together and practices these during drills, activities, games and competitions
- performs skills relevant to position requirements and conditions at an accuracy rate of 60-70%
- communicates appropriately with team members, coach, umpires and other support staff throughout drills, activities, games and competitions, and responds to feedback
- reviews own and team's performance to identify strengths and areas requiring improvement or modifications.

#### Context of and specific resources for assessment

Assessment must ensure performance of skills relevant to position and conditions at an accuracy rate of 60-70% on sufficient occasions to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- Rugby Union training and competition facilities, with marked out fields
- groups or teams of foundation Rugby Union players to play with and against
- a coach to instruct and address players
- suitably qualified umpires
- support staff, such as trainers
- Rugby Union equipment, such as a Rugby Union balls and posts
- access to rules and regulations such as the Australian Rugby Union laws book and the Australian Rugby Union Code of Conduct
- access to current relevant legislation and organisational policies and procedures that impact on the conduct of drills, activities, games and competitions.

### Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples

are appropriate for this unit:

- observation of performance of foundation skills at an accuracy rate of 60-70% during drills, activities, games and competitions
- oral or written questioning to assess knowledge of relevant rules, regulations and policies of the Australian Rugby Union , and their application to performance at a foundation level
- third-party reports from coaches or umpires detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISSRGU202A Perform foundation level Rugby Union tactics and strategies.

## Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

***Rules, regulations and policies*** may include:

- International Rugby Board laws
- best practice codes of conducts, such as Australian Rugby Union Code of Conduct
- Australian Rugby Union Anti-doping policy
- Australian Sports Commission Harassment-free Sport policy.

***Basic biomechanical principles*** may include:

- balance
- stability
- motion
- force
- momentum
- power.

***Foundation level skills of Rugby Union*** may include:

- attacking skills
- defensive skills
- re-start skills
- scrum skills
- line out skills
- continuity skills
- individual skills
- positional skills.

***Drills, activities*** may include:

- foundation skill drills
- warm-ups and cool-downs
- grid work
- manual work.

***Games and competitions*** may include:

- modified games
- practice matches:
  - specific skill focus
  - specific play focus
- inter-club or team games
- competition games.

***Relevant legislation*** may include:

- occupational health and safety (OHS)
- permits from land management authorities or local council
- authority or permission from land owners or

***Organisational policies and procedures*** may include:

- Rugby Union clubs
- anti-doping policy
- harassment-free sports policies.
- OHS
- conflict resolution
- communication protocols
- use, care and maintenance of equipment and field
- training and scheduling commitments
- code of ethics.

***Effective communication*** may include:

- calls
- hand signals
- eye signals
- signs
- nods
- codes for player's names
- codes for different plays.

***Conditions and external influences*** may include:

- environmental and weather conditions
- other facility users
- support staff
- spectators
- parents
- referees and administrators
- other coaches.

## **Unit Sector(s)**

Sport

## **Competency Field**

Rugby Union