



Te Kura

TE AHO O TE KURA POUNAMU
THE CORRESPONDENCE SCHOOL

Rugby

IRO228



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The rugby game

Rugby is a great game.

You play rugby in a team.
There can be 15 players in
a team.

Anyone can play rugby.



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Rugby skills

You can kick the ball.



You can run with the ball.



You can pass the ball.

You can throw the ball in from the sideline.

You can tackle someone from the other team if they have the ball.

You can get a try.



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The positions

If you are tall, you can jump high in a line out.

If you are strong, you can be in the front row of the scrum.

If you can run fast, you can be on the wing.





Scoring

You get five points if you score a try.

You get two points if you convert a try.

You get three points if you kick a penalty.

A drop goal scores three points.

The uniform

When you play rugby you wear a rugby jersey and shorts.



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You wear rugby boots and socks.
You have a mouth guard.

Some players wear headgear
to keep their ears and head
safe.



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Training

You need to be fit to play rugby. You have to train every week.

You need to run and jump and kick and dive and sidestep.

Rugby players eat lots of healthy food to give them the energy to play.



The All Blacks

Do you want to be an All Black or a Black Fern? You will have to be a very good player!



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The All Blacks and the Black Ferns play teams from around the world.

Some of the teams the All Blacks play are:

- The Wallabies from Australia
- The Springboks from South Africa
- The Pumas from Argentina
- Manu Samoa from Samoa
- The British and Irish Lions from Great Britain.



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Rugby World Cup

The All Blacks played their first test match in 1903.

Today they are famous around the world for doing the Haka at the start of a game.

The Black Ferns won the Women's Rugby World Cup four times in 1998, 2002, 2006, 2010.



Extras for experts

Find out some more about a team you like by looking on the internet or by reading books and magazines.

For example for the All Blacks go to

www.allblacks.com

or

Google – New Zealand rugby



A separate workbook accompanies this reading booklet.

You can choose to complete activities after reading each section of the booklet or at the completion of the whole booklet.

You are encouraged to read the booklet several times to increase your comprehension.

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Workbook

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