

Ravens Wood School

Sixth Form Academy Provision Map



Academy Name: Rugby Academy

Overarching Aim: To further student's rugby skills and improve health and well-being. Additionally, to give students the opportunity to participate in national competitions and a competitive block fixture programme.

Why join this Academy?	<p>Opportunity to play a high level of rugby.</p> <p>Improve health and fitness through physical activity.</p> <p>Opportunity to represent the school in extra-curricular fixtures.</p> <p>Structured 3xWeek training programme.</p> <p>Opportunity to build on your rugby skills and prepare your for senior/university rugby.</p> <p>Opportunity to attend the France Rugby Academy tour in Biarritz.</p>	
Themes/ Practical Skills/ Techniques and Key Skills	The sophistication and application of skills will become more advanced as students' progress through the Academy.	
	Theme/Skill/Technique	How will this be developed?
	Rugby Skills	Training sessions take place 3x week on Monday, Wednesday and Thursdays. These sessions will be used to hone students' skills and prepare them for upcoming fixtures.
	Strength and conditioning	Students have the opportunity to use the strength and conditioning weights room during the offseason to help prepare them for the following year. This will be tailored towards the specific needs of each student and we use the same methods that Saracens Academy use.
	Tactics and Analysis	Students will have sessions specifically referring to the tactical element of their sport and video analysis sessions to debrief after matches. This helps students build on their physical performances and reflect on their areas of development.
	7s Rugby	Following the conclusion of the 15s season, student's training sessions will be focused on 7s rugby. This will involve a big focus on Cardiovascular Endurance, Speed and Power. Students will also be developing their catch-pass skills, offloads and tactical awareness of exploiting space in defences.
Key Dates of Events/ Competitions entered	Team work and cohesion	Throughout the year students will focus on building their team cohesion and overall togetherness. Rugby is a sport which brings all different types of people together and creates life-long friendships and bonds.
	Date:	Event/Competition –
	Throughout the season	National Cup/Vase
	Throughout the season	Jimmy Cup (charity competition run via Sidcup rugby club)
	March	Rosslyn Park 7s (national 7s competition)
	March	Kent 7s plus various other smaller tournaments
	March	Senior Rugby Tour to Biarritz