

Teacher's Guide

Assembly Resource

Overview

This flexible resource uses the story of school friends Cara Brincat and Carys Cox, who are now professional players at Worcester Warriors Women, to creatively explore a series of specific and wider themes in relation to the history and development of the women's game, including:

- Rugby Football Union's (RFU's) core values
- Continuity and social change
- Equality and diversity
- Personal development

As such it is designed to be used flexibly by schools in relation to:

- The delivery of assembly themes
- Tutorial and personal development programme content
- History and PE curriculum enrichment

The PowerPoint therefore combines core and extension slides to offer a variety of pathways through the topic, depending on the learning context or desired focus and emphases.

Aims

- To promote interest and excitement in the development of the women's game through personal stories, linked to increased participation
- To link an understanding of the development of the women's game to wider themes relating to continuity and change and equality and diversity
- To introduce the rugby values and their relevance to wider learning

Guide to PowerPoint use and application

Slides can be selected, edited or deleted based on context of delivery.

Slide 1	
Slide 2	Title Slide for assembly 1.
Slide 3	Use to introduce/emphasise Rugby Values. Discussion around meanings. Some student ideas/examples. Use values to introduce the idea of applying oneself to segue into the stories of Cara and Carys.
Slide 4	Introduce Cara Brincat (left) and Carys Cox (right), whose shared story provides the stimulus and focus for the resource. They started Park House School in Newbury together aged 11 in Year 7, becoming friends and going on share a

	parallel journey through Rugby which has led them to representative regional and international age group honours – and now professional player contracts with Worcester Warriors. Their shared journey, combining sporting and academic achievement alongside a range of personal qualities, illustrates values-led behaviours, which can be explicitly related to rugby’s core values.
Slide 5	Provides context for Park House School in Newbury, West Berkshire – a mixed 11-18 Academy of 1200 students with Sports College status: www.parkhouseschool.org . Other former students include Men’s England and British Lions Rugby Internationals Tom Croft and Jonathan Joseph. Newbury is a market town with a population of 41,000, 60 miles West of London and 25 miles south of Oxford. It is the headquarters for Vodafone in the UK.
Slide 6	Describes both girls’ love of sport, taking every opportunity provided. Athletics for both, where Carys particularly excelled, and trampolining for Cara.
Slides 7-8	Show their introduction to rugby in Year 9 where they had the opportunity to be inspired and coached by legendary New Zealand No.8 Zinzan Brooke (Slide 8) as part of an enrichment programme. For more in Zinzan Brooke: http://en.espn.co.uk/newzealand/rugby/player/10189.html
Slides 9-12	Trace their rapid progression through representative honours – County (Berkshire), Regional (South West) and Age Group International (England U20s).
Slide 13	Illustrates their continued success and achievement beyond school at university – emphasis the value of <i>discipline</i> in this.
Slide 14	Official team photos for Worcester Warriors Women, which both women began playing for whilst at university and in 2020 were awarded professional contracts. Both women are combining their professional rugby careers with other professions, Cara as a PE Teacher and Carys as a Student Nurse – further emphasising their discipline. For more information on Worcester Warriors Women go to: https://warriors.co.uk/about-worcester-warriors-women/
Slides 15-16	Cara and Carys tell their own stories on separate videos. Both provide opportunities to draw out links to rugby’s values.
Slide 17-18	Concluding slides if delivering in assembly or PHSE/Tutorial context, posing questions for reflection.
Slide 19	Extension option for tutorial/PSHE use.
Slide 20	Alternative assembly option looking at changing attitudes to women’s rugby and female role models.
Slide 23	Information on the premiership Worcester Warriors team. You can draw attention to how a lot of the changes for the women’s team are in recent history. For further information: https://warriors.co.uk/about-worcester-warriors-women/
Slide 24	Cary’s video: focus on the issue of female role models in the sport. Draw on issues of equality, representation and visibility.
Slides 25-26	Use these slides to open the discussion on female role models in rugby. Use to segue into how women have actually been playing rugby for a long time.



Slide 27	Watch the video by Dr Lydia Furse who is the living expert on the history of women's rugby.
Slide 28	After hearing about the history of women's rugby, get students to reflect on women in sport and gender equality.
Slide 29	Tutorial/PSHE extension idea.