

# The Harefield Academy

*Achievement through Active Learning*

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Dear Parent/Carer,

This term we are working through our Rugby Unit of work for PE, as part of our plan to deliver a broad spectrum of sporting activities to all students. Within lessons we have covered basic handling and passing techniques and we are only currently doing tag/touch rugby which is completely non-contact. Students will build up to safe tackling technique, which is covered in the PE Risk Assessment for rugby. Lessons will follow the Rugby Football Union (RFU) guidance regarding safe codes of practice. This requires students to wear mouth guards, when doing contact work or tackling as added precaution to absorb impact.

In order to get used to mouth guards I have asked students to bring one in prior to this. This is standard practice across many schools, and we would only move on from tag/touch rugby if safe and appropriate for groups of students.

Where students have a particular medical or learning situation there will be an adapted activity – e.g., continuing with tag rugby. It is likely there will be groups that will opt for this or be assigned to continuing with tag rugby.

The gum shield mouthguards are available in all sports shops e.g., Sports Direct. Alternatively, they are available to be purchased online. These mouthguards are easily moulded by following the instructions.

[https://www.sportsdirect.com/accessories/gum-shields-mouthguards#dcp=1&dppp=120&OrderBy=price\\_asc](https://www.sportsdirect.com/accessories/gum-shields-mouthguards#dcp=1&dppp=120&OrderBy=price_asc)

[https://www.amazon.co.uk/s?k=gum+shield+rugby&crd=1AFE2SGYJ5WI3&srefix=gum+shiled%2Caps%2C177&ref=nb\\_sb\\_ss\\_sc\\_6\\_10](https://www.amazon.co.uk/s?k=gum+shield+rugby&crd=1AFE2SGYJ5WI3&srefix=gum+shiled%2Caps%2C177&ref=nb_sb_ss_sc_6_10)

Should you wish to discuss this further please do contact me at The Academy [Rball@theharefieldacademy.org](mailto:Rball@theharefieldacademy.org)

Yours sincerely

*R Ball*

**Mr R Ball**  
**Head of PE**