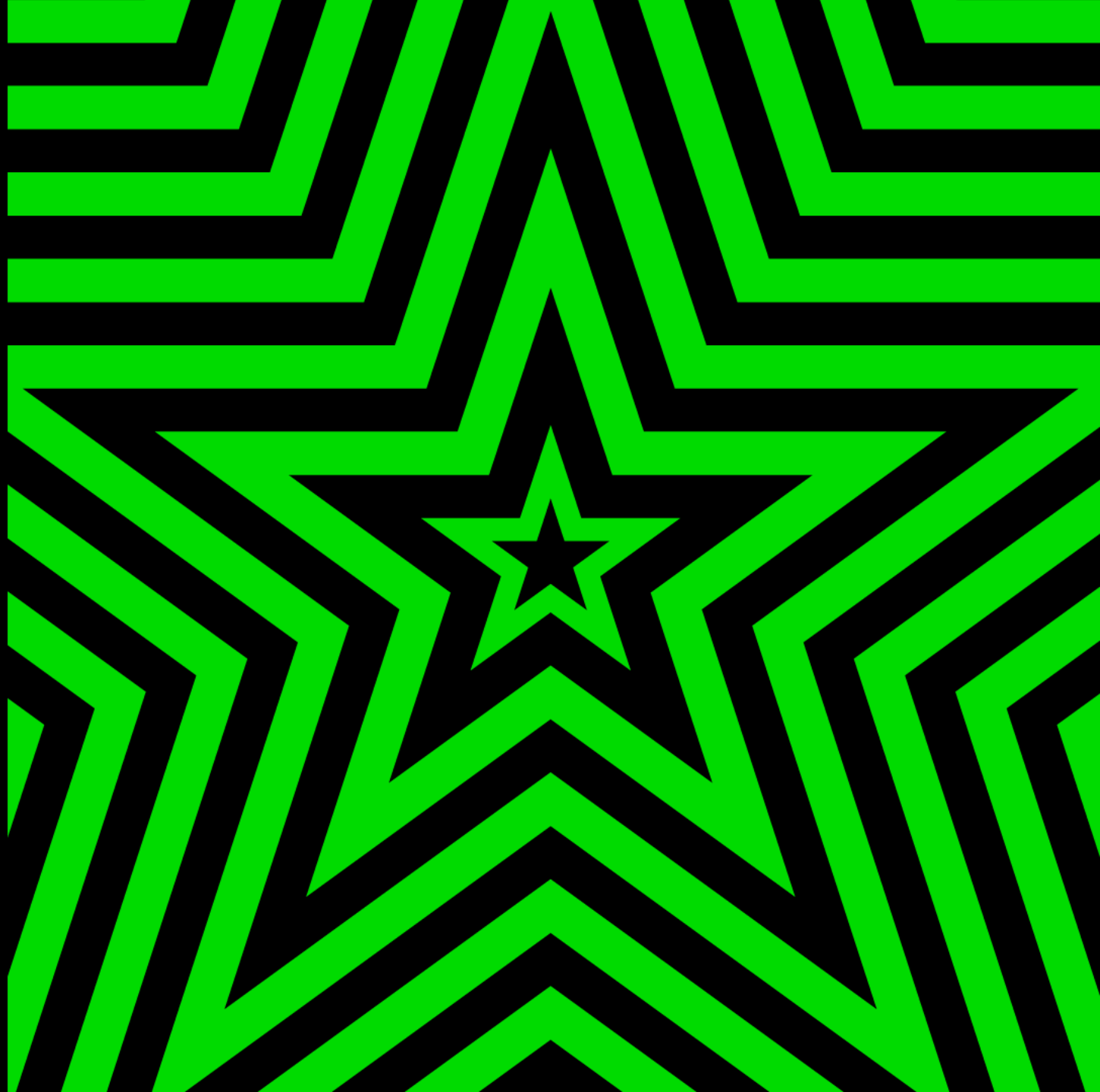


# School Information Pack

2021



**LEAGUE  
STARS**



**ACTIVELY  
NURTURING  
KIDS TO  
FIND THEIR  
STRENGTH**

# Introduction

League Stars is different from other junior participation programs. It draws from Rugby League's unique traits and characteristics that people love most about the game. The authentic Rugby League experience is driven not just by the program content but through professionally trained Rugby League Game Development Officers who are tasked with nurturing each individual, empowering them to be proud of their unique strength and bringing them into the Rugby League family.

## **League Stars is Safe, Inclusive and Educational**

League Stars caters for participants of all ages and ability levels and provides an opportunity to learn how to play Rugby League in a highly controlled and safe environment.

The League Stars program is designed to optimise both safety and skill development:

- › All session plans and activities target specific skill development outcomes
- › All activities are non-contact (i.e. no tackling is permitted)
- › Sport Australia's Physical Literacy Framework has helped shape program design – session plans and activities have been developed to address gaps in physical literacy and develop the necessary skills, confidence and motivation to participate in sport beyond League Stars
- › Participants will work collaboratively and cooperatively in small teams to further build their personal and social skills
- › Each activity can be modified (i.e. be simplified or made more challenging) to ensure different stages of development are catered for effectively

Our League Stars coaches are trained to optimise the participant experience:

- › Our programs are exclusively delivered by qualified NRL staff
- › All League Stars deliverers have a NRL Coaching Accreditation, current First Aid qualification and Working with Children Card
- › League Stars deliverers receive comprehensive training on program delivery, catering for different stages of development and optimising the participant experience from a learning and development perspective



# Program Overview

League Stars is a non-contact skill-based participation program. It provides the perfect introduction to Rugby League for Primary School children. The program is designed to cater for Primary School students all ages and ability levels. Our action packed program ensures all participants are highly engaged and finish each session sweating and smiling.

The program is designed to be delivered in two phases. **Phase 1** provides all school students with an opportunity to experience the game of Rugby League in the comfort of their school environment. **Phase 2** is delivered after school for students who are interested in extending their experience beyond the school setting.

## PHASE 1: IN-SCHOOL INTRODUCTORY CLINICS

### The Program

Experienced NRL Game Development staff will deliver a free introductory program (1-2 sessions per class) as part of your school sport or physical education program.

### Student Experience

Students will experience a fun, action packed session, providing them with an understanding of basic RL game concepts, an introduction to the core skills of Rugby League and helps further develop their fundamental movement skills (i.e. agility, balance and coordination).

### Teacher Involvement

The program will be delivered by qualified NRL staff, however teachers are encouraged to be actively involved in the program.



## PHASE 2: AFTER-SCHOOL PROGRAM

### The Program

The after-school phase of the program is a holistic sport development program with a focus on Rugby League skills. The program is designed to develop the participant's Rugby League competency, general athletic ability, boost their confidence and foster a positive association with sport and physical activity.

### After-School Program Promotion

Schools will be provided with marketing collateral and encouraged to promote the after-school program via a variety of mediums, including:

- Posters and flyers
- Newsletter and email templates
- Social media posts



# Program Details



## PHASE 1: IN-SCHOOL INTRODUCTORY CLINICS

Key outcomes:

Introduction to:

- › Basic game concepts (rules, objectives, tactics, etc.)
- › Fundamental RL skills (pass, catch)
- › Movement skills (running, evasion, etc.)

No. sessions: 1-2

Deliverer: Qualified NRL Game Development staff

Delivery: In school (during PE, designated sport or other allocated time)

Class Groups: Our introductory program is designed to cater for all Primary School age groups

Cost: Free



## PHASE 2: AFTER-SCHOOL PROGRAM

Key outcomes:

- › Understanding of basic game concepts (rules, objectives, tactics, etc.)
- › Learn and develop Rugby League skills (pass, catch, kick)
- › Further develop fundamental movement skills

No. sessions: 4-8 sessions

Deliverer: Qualified NRL Game Development staff

Delivery: Before or after school at either your school, a local Junior Rugby League Club or Community Centre)

Age Groups:

The out-of-school program has been designed to cater for two age groups:

- › Early Primary (P/K – 2)
- › Upper Primary (Years 3-6)
- › Cost: \$49-\$99 (dependent on program length)

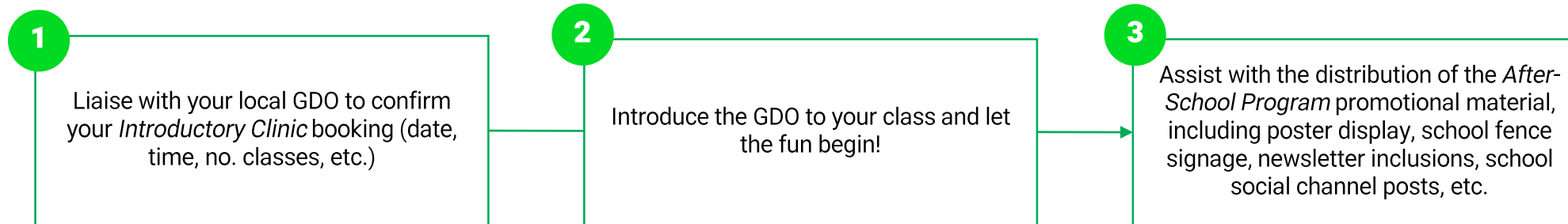
# Get Involved



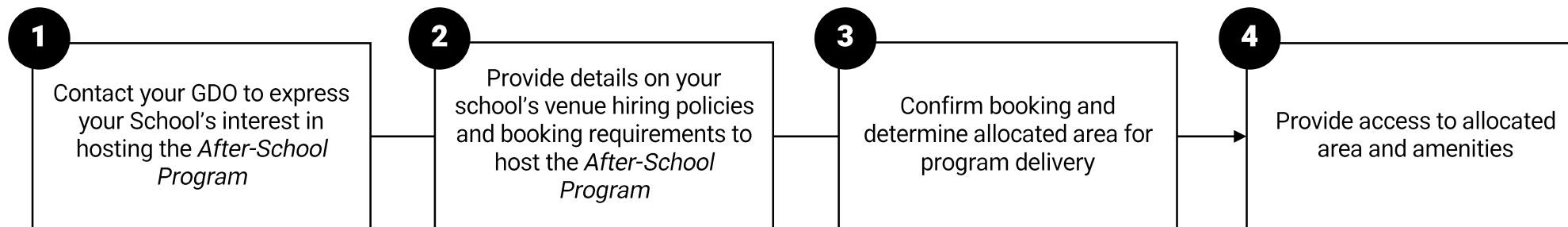
# How can your School get involved?



## PHASE 1: INTRODUCTORY CLINICS AT YOUR SCHOOL



## PHASE 2: AFTER-SCHOOL PROGRAM



# Hosting an After-School Program

We would love to use your school facilities to host the League Stars After-School program. The extended After-School program will have a positive impact on your student's skills, confidence, health and well being. Hosting the After-School Program at your school increases accessibility for students interested in the League Stars program. Our qualified staff will take care of most aspects of the After-School program, all we require from your school is outlined below:

HOSTING REQUIREMENTS	
Field access / hire	✓
Student and parent/guardian site access*	✓
Teacher supervision*	✗
Toilet / amenities access	✓
Program advertising support**	✓

HOSTING BENEFITS	
Easy access for participants	✓
Minimal impact on curriculum	✓
Extra-curricular opportunity / student servicing	✓
Positive impact on health and fitness	✓
Parent engagement / community connection	✓

**Note on Insurance:** The NRL has Public Liability and Professional Indemnity insurance cover. All registered participants (for the After-School program only) receive Personal Accident Insurance as part of their registration fees.

\* When utilised as a host venue for the local area

\*\*All advertising materials supplied by NRL





## MORE INFORMATION

**For more information on the program:**

<https://leaguestars.com>

**To find a program near you:**

<https://playnrl.com/leaguestars/find-a-program/>

**Contact your local development officer:**

<https://playnrl.com/schools/game-development-regions-1/>



**LEAGUE  
STARS**

# Additional Program Information



# Introductory Clinics:

Activities and  
Learning  
Outcomes



# Foundation:

## Learning Outcomes and Curriculum Alignment

#	Activities	Focus	Participants will:	Curriculum Alignment
1	Maroons and Blues	<ul style="list-style-type: none"><li>› Team building and engagement</li><li>› Introduction to basic Rugby League fundamentals</li></ul>	<ul style="list-style-type: none"><li>› Have the opportunity to work cooperatively in small teams</li><li>› Practice a variety of fundamental movement skills/patterns</li><li>› Develop an understanding of basic attacking/defensive concepts (i.e. how to score a try and stop a try)</li><li>› Explore simple rules and boundaries within games</li></ul>	<p>ACPPS004 Practise personal and social skills to interact positively with others</p> <p>ACPPS007 Participate in play that promotes engagement with outdoor settings and the natural environment</p> <p>ACPMP008 Practise fundamental movement skills and movement sequences using different body parts</p> <p>ACPMP011 Identify and describe how their body moves in relation to effort, space, time, objects and people</p> <p>ACPMP012 Cooperate with others when participating in physical activities</p> <p>ACPMP013 Test possible solutions to movement challenges through trial and error</p> <p>ACPMP014 Follow rules when participating in physical activities.</p>
	Obstacle Course			
	Raiders Revenge			
	Kicking Darts			
2	Ref's Call	<ul style="list-style-type: none"><li>› Developing an understanding of rules and simple strategy</li><li>› Cooperation and positive interactions through play</li></ul>	<ul style="list-style-type: none"><li>› Be provided with opportunities to develop consideration of others abilities in small sided teams</li><li>› Explore the layout of a Rugby League field</li><li>› Identify a variety of evasion skills that can be utilised during game play</li><li>› Catch, throw and pass utilising a variety of different shaped balls</li></ul>	
	Elephants and Butterflies			
	Tiger's Tail			
	Junior Backyard League			



# Years 1 and 2:

## Learning Outcomes and Curriculum Alignment

#	Activities	Focus	Participants will:	Curriculum Alignment
1	<b>Maroons and Blues</b>	<ul style="list-style-type: none"> <li>› Team building and inclusion</li> <li>› Introduction to basic Rugby League fundamentals</li> </ul>	<ul style="list-style-type: none"> <li>› Be encouraged to work cooperatively in small teams to improve success</li> <li>› Practice a variety of movement skills/patterns required for Rugby League</li> <li>› Develop an understanding of basic attacking/defensive concepts (i.e. how to score a try and stop a try)</li> <li>› Explore existing rules and the creation of new rules to encourage fair play</li> </ul>	<p><a href="#">ACPPS019</a> Describe ways to include others to make them feel they belong</p> <p><a href="#">ACPPS023</a> Identify and explore natural and built environments in the local community where physical activity can take place</p> <p><a href="#">ACPMP025</a> Perform fundamental movement skills in a variety of movement sequences and situations</p> <p><a href="#">ACPMP027</a> Create and participate in games with and without equipment.</p>
	<b>Obstacle Course</b>			
	<b>Raiders Revenge</b>			
	<b>Kicking Darts</b>			
2	<b>Ref's Call</b>	<ul style="list-style-type: none"> <li>› Developing an understanding of rules and simple strategy</li> <li>› Cooperation and consideration through play</li> </ul>	<ul style="list-style-type: none"> <li>› Explore how inclusion can benefit both the team and individuals</li> <li>› Investigate and develop their own simple strategies to succeed in a variety of games</li> <li>› Identify a variety of evasion skills that can be utilised during game play</li> <li>› Catch, throw and pass utilising a variety of different shaped balls</li> </ul>	<p><a href="#">ACPMP030</a> Use strategies to work in group situations when participating in physical activities</p> <p><a href="#">ACPMP032</a> Identify rules and fair play when participating in physical activities</p>
	<b>Elephants and Butterflies</b>			
	<b>Tiger's Tail</b>			
	<b>Junior Backyard League</b>			





# Years 3 and 4:

## Learning Outcomes and Curriculum Alignment

#	Activities	Focus	Participants will:	Curriculum Alignment
1	<b>Maroons and Blues</b>	<ul style="list-style-type: none"> <li>› Team building</li> <li>› Introduction to basic Rugby League fundamentals</li> </ul>	<ul style="list-style-type: none"> <li>› Work cooperatively in small teams with a focus on simple strategy</li> <li>› Practice a variety of movement skills/patterns required for Rugby League</li> <li>› Develop an understanding of how their attacking and defensive movement patterns impact on games</li> <li>› Experience a variety of games that allow the opportunity to hone fundamental movement skills with and without sporting equipment</li> </ul>	<p><b>ACPPS041</b> Participate in outdoor games and activities to examine how participation promotes a connection between the community, natural and built environments, and health and wellbeing</p> <p><b>ACPMP043</b> Practise and refine fundamental movement skills in a variety of movement sequences and situations</p> <p><b>ACPMP045</b> Practise and apply movement concepts and strategies with and without equipment</p> <p><b>ACPMP047</b> Combine elements of effort, space, time, objects and people when performing movement sequences</p>
	<b>Obstacle Course</b>			
	<b>Raiders Revenge</b>			
	<b>Kicking Darts</b>			
2	<b>Captain Ball</b>	<ul style="list-style-type: none"> <li>› Developing an understanding of playing by the rules</li> <li>› Cooperation and consideration through play</li> </ul>	<ul style="list-style-type: none"> <li>› Be provided with opportunities to develop cooperation within small groups</li> <li>› Investigate how rules can be utilised and manipulated in games to promote success and fairness</li> <li>› Identify a variety of evasion skills that can be utilised during game play</li> <li>› Develop attacking and evasion skills and the specific actions that can improve success</li> </ul>	<p><b>ACPMP048</b> Adopt inclusive practices when participating in physical activities</p> <p><b>ACPMP050</b> Apply basic rules and scoring systems and demonstrate fair play when participating in physical activities</p>
	<b>Torpedo Launch</b>			
	<b>Scramble</b>			
	<b>Tigers Tail</b>			



# Years 5 and 6:

## Learning Outcomes and Curriculum Alignment

#	Activities	Focus	Participants will:	Curriculum Alignment
1	<b>Maroons and Blues</b>	<ul style="list-style-type: none"> <li>› Team building and engagement</li> <li>› Introduction to Rugby League fundamentals and movements that improve success</li> </ul>	<ul style="list-style-type: none"> <li>› Practice fundamental movement skills in games that have no equipment and those that require no equipment</li> <li>› Experience opportunities to implement simple strategy both individually and in small teams</li> <li>› Engage in opportunities to develop knowledge regarding specific movements and actions that can improve their ability</li> <li>› Explore rules and how they can be created to encourage fairness and competition</li> </ul>	<p><b>ACPPS054</b> Plan and practise strategies to promote health, safety and wellbeing</p> <p><b>ACMP061</b> Practise specialised movement skills and apply them in a variety of movement sequences and situations</p> <p><b>ACMP063</b> Propose and apply movement concepts and strategies with and without equipment</p> <p><b>ACMP064</b> Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing</p> <p><b>ACMP065</b> Manipulate and modify elements of effort, space, time, objects and people to perform movement sequences</p>
	<b>Obstacle Course</b>			
	<b>Raiders Revenge</b>			
	<b>Kicking Darts</b>			
2	<b>Captain Ball</b>	<ul style="list-style-type: none"> <li>› Developing an understanding of rules and simple strategy</li> <li>› Cooperation and consideration through play</li> </ul>	<ul style="list-style-type: none"> <li>› Have opportunities to develop consideration of others abilities in small sided teams</li> <li>› Investigate and test simple strategies to improve their success in both individual and team games</li> <li>› Identify a variety of evasion skills that can be utilised during game play</li> <li>› Catch, throw, pass and kick a variety of different shaped balls</li> </ul>	<p><b>ACMP067</b> Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities</p> <p><b>ACMP068</b> Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges</p> <p><b>ACMP069</b> Demonstrate ethical behaviour and fair play that aligns with rules when participating in a range of physical activities</p>
	<b>Torpedo Launch</b>			
	<b>Scramble</b>			
	<b>Tigers Tail</b>			



# After School Program: Overview





# Program Packages



## LEAGUE STARS AFTER SCHOOL PROGRAM

L★4

### Program Details

- › No. Sessions: 4
- › Price: \$49

L★6

### Program Details

- › No. Sessions: 6
- › Price: \$79

L★8

### Program Details

- › No. Sessions: 8
- › Price: \$99

## OTHER PROGRAMS

L★ HOLIDAY CLINICS

### Program Details

- › No. Sessions: 1
- › Price: \$49

### All participants will receive:

- › Session plans and activities designed to maximise fun, active involvement and skill development
- › Expert tuition from qualified League Stars deliverers
- › A League Stars participant pack delivered direct to the participants nominated address



# Program Overview



Session #	BRILLIANT BASICS		POWER-UP				GAME-ON	
	1	2	3	4	5	6	7	8
Focus	<p>Introduction to:</p> <ul style="list-style-type: none"><li>› Basic game play concepts<ul style="list-style-type: none"><li>– Attack</li><li>– Defence</li><li>– Rules</li></ul></li><li>› Movement Skills<ul style="list-style-type: none"><li>– Agility</li><li>– Balance / stability</li><li>– Coordination</li></ul></li></ul>		<p>Further understanding and development of the skills learnt in weeks 1-2 with a focus on fundamental RL skills, including:</p> <ul style="list-style-type: none"><li>› Running and evasion</li><li>› Try Scoring</li><li>› Catch and Pass</li><li>› Play the ball</li><li>› Kicking</li></ul>				<p>Application and further development of the game concepts and fundamental RL skills developed in phases 1 and 2 through small-sided RL games. At the completion of this phase, participants will:</p> <ul style="list-style-type: none"><li>› Apply a variety of skills in a modified game of Rugby League</li><li>› Understand basic attack and defence concepts</li></ul>	
Benefits	Knowledge and understanding of RL rules and concepts		Teamwork and collaboration		Confidence and motivation		Positive association with sport and physical activity	

# Program Packages and Outcomes



The League Stars Program can be tailored to fit into the local sporting calendar. A variety of packages are available, including four, six and eight session programs. Each package has been designed to deliver slightly different outcomes for the participant from learning the basics and how to play the game through to a holistic Rugby League skill development experience.

Phase	L★ BASICS		L★ POWER-UP				L★ GAME-ON	
Session #	1	2	3	4	5	6	7	8
4								
6								
8								

#	Designated Session Plans and Program Outcomes
4	Session plans 1-2 and 7-8 have been combined to teach participants <b>how to play Rugby League</b>
6	Session plans 1-4 and 7-8 have been combined to teach participants <b>how to play and the fundamental skills of RL</b>
8	Sessions 1-8 provides a <b>holistic RL skill development experience</b>

# After School Program: Activities and Learning Outcomes



# After School Program

## Activity Calendar (P/K-2)



Phase	#	Session	Activity 1	Activity 2	Activity 3	Activity 4
Brilliant Basics	1	Intro and team building	Buzzy Bees	Obstacle Course	Try Frenzy	Evasion Octopus
	2	Basic game concepts	'Mascot Moves'	Skill Relays	Junior Backyard League	Tigers Tail
Power-Up	3	Running and evasion	Spinning Wheel tag	Maroons and Blues	Evasion Octopus	Raiders Revenge
	4	Passing, throwing and catching	'Mascot Moves' Races	Passing Races	Captain Ball	Elephants and Butterflies
	5	Kicking	Ref's Call	Kick and Score	Kicking Darts	Torpedo Launch
	6	Game concepts	Maroons and Blues	Skill Relays	Elephants and Butterflies	Running Forward Game
Game-On	7	Modified RL Games (Touch/Tag)	Buzzy Bees	Tiger's Tail	Scramble	Small Sided League Tag
	8	Modified RL Games (Touch/Tag)	Ref's Call	Raiders Revenge	Junior Backyard League	Small Sided League Tag

# After School Program

## Activity Calendar (Years 3-6)



Phase	#	Session	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5
Brilliant Basics	1	Movement skills and game concepts	Mascot Moves	Spinning Wheel Tag	Skill Relays	Maroons and Blues	Raiders Revenge
	2	Movement skills and game concepts	Ref's call	Captain Ball	Obstacle Course	Scramble	Edor
Power-Up	3	Running and evasion	Spinning Wheel Tag	Try Frenzy	Raiders Revenge	Evasion Octopus	Tiger's Tail
	4	Passing, throwing and catching	Mascot moves	Passing Race	Pass to Tag	Pulyugge (10 pass)	Hungry Sharks
	5	Kicking	Skill Relays	Kick and Score	Kicking Darts	Torpedo Launch	Kick Tennis
	6	Game concepts (extension)	Mascot Moves Races	Falling Safely	Falling Tag	Scramble	Backyard League
Game-On	7	Modified Rugby League (Touch/Tag)	Pulyugge (10 pass)	Edor	2 Ball Game	Small Sided League Tag	N/A
	8	Modified Rugby League (Touch/Tag)	Maroons and Blues	Raiders Revenge	Scramble	Small Sided League Tag	N/A

# After School Program

## Phase 1: Brilliant Basics



Brilliant Basics			
#	Session	Focus	Participants will:
1	<b>Introduction and Team Building</b>	Develop relationships and introduce participants to basic Rugby League skills	<ul style="list-style-type: none"><li>› Practice a variety of movement skills/patterns required for Rugby League</li><li>› Develop an understanding of basic attacking/defensive concepts (i.e. how to score a try and stop a try)</li><li>› Catch, pass and manipulate a variety of different shaped balls</li><li>› Work cooperatively in small teams</li></ul>
2	<b>Basic game concepts</b>	Knowledge/understanding of rules and how to play the game	<ul style="list-style-type: none"><li>› Follow basic rules and play modified games in small teams</li><li>› Improve balance and stability</li><li>› Identify a variety of evasion skills that can be utilised during game play</li><li>› Grip/hold a variety of different sized/shaped balls</li></ul>



# After School Program

## Phase 2: Power-up



Power-Up			
#	Session	Focus	Participants will:
3	<b>Running and Evasion</b>	Develop and apply a variety of evasion skills	<ul style="list-style-type: none"> <li>› Run carrying a variety different sized/shaped balls</li> <li>› Use a variety of evasion skills (i.e. side-step, swerve, etc.)</li> <li>› Identify and avoid defenders using different tactics and evasion skills</li> <li>› Work cooperatively in small teams</li> </ul>
4	<b>Passing, Throwing and Catching</b>	Develop throwing, passing and catching skills	<ul style="list-style-type: none"> <li>› Throw/pass a ball over varying distances</li> <li>› Learn to position their body to receive a pass</li> <li>› Apply throwing/passing skills in modified games</li> <li>› Build confidence in their ability to throw and catch</li> </ul>
5	<b>Kicking</b>	Develop a variety of kicking techniques	<ul style="list-style-type: none"> <li>› Learn a variety of kicking techniques (i.e. place kick, punt kick and grubber kick)</li> <li>› Learn techniques to improve coordination, control and accuracy when kicking a ball</li> <li>› Build confidence in their ability to kick a ball</li> </ul>
6	<b>Game concepts</b>	Further develop knowledge/understanding of rules and game play concepts	<ul style="list-style-type: none"> <li>› Practice a variety of movement skills/patterns required for Rugby League</li> <li>› Understand and apply basic attacking and defensive strategies/tactics in modified games</li> <li>› Apply a variety of skills in modified games, including; kicking, running, play the ball and passing</li> </ul>

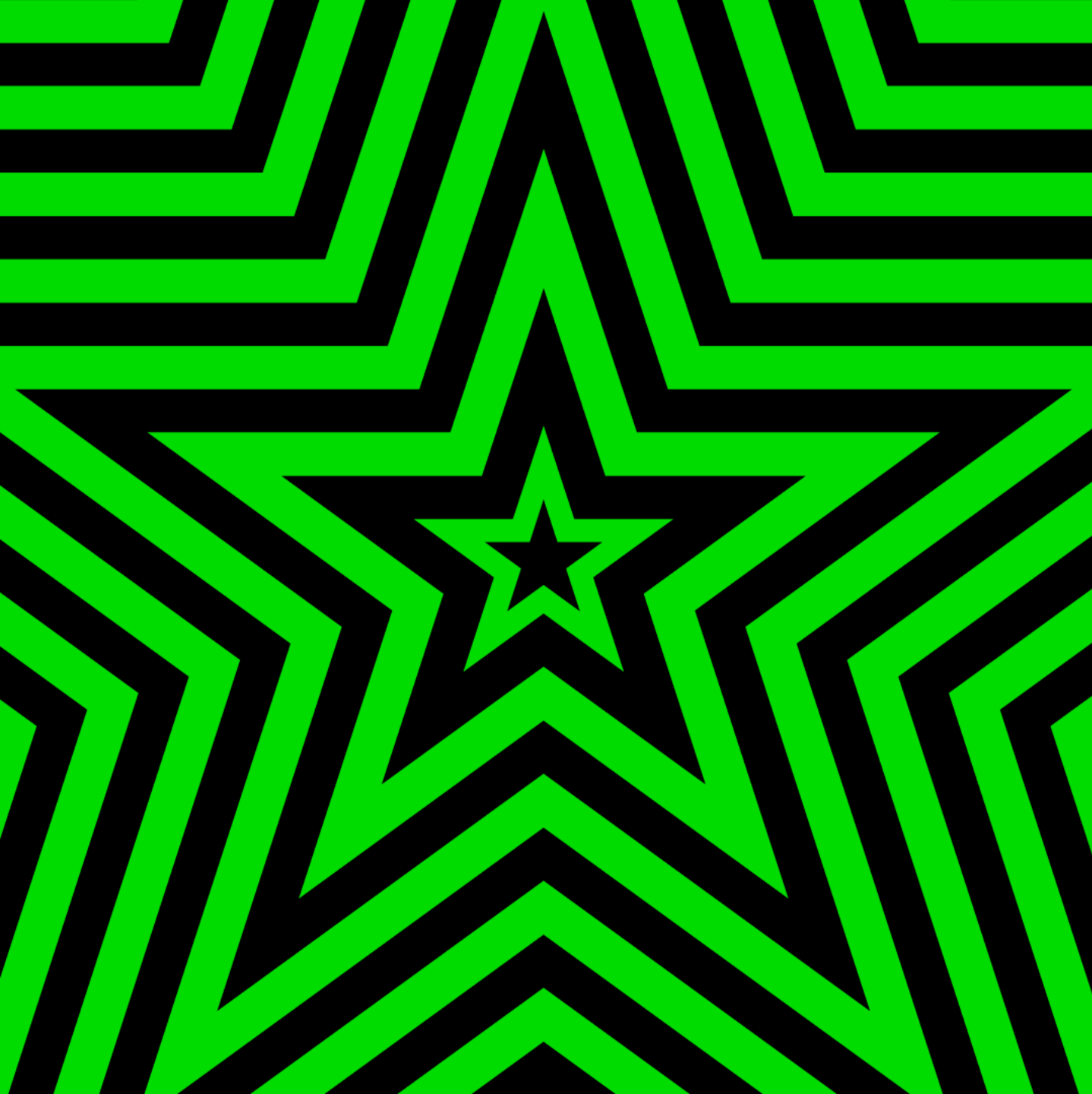


# After School Program

## Phase 3: Game-On



Game-On			
#	Session	Focus	Participants will:
7	<b>Modified Rugby League Games</b>	Apply a variety of tactics and skills in modified RL games	<ul style="list-style-type: none"> <li>› Further develop understanding of game rules and concepts</li> <li>› Work cooperatively in small teams to apply basic attacking and defensive strategies/tactics</li> <li>› Apply a variety of skills in modified games, including; kicking, running, play the ball and passing</li> </ul>
8	<b>Modified Rugby League Games</b>	Apply a variety of tactics and skills in modified RL games	<ul style="list-style-type: none"> <li>› Further develop understanding of game rules and concepts</li> <li>› Work cooperatively in small teams to apply basic attacking and defensive strategies/tactics</li> <li>› Apply a variety of skills in modified games, including; kicking, running, play the ball and passing</li> </ul>



For more information go to:  
[Leaguestars.com](https://Leaguestars.com)



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