Rainbows first try

Storybook



England Rugby

WE PLAY RUGBY

Girlguiding Anglia

teamwork

The Elephants and the Giraffes link up

At Savannah Safari Rugby Club, the Giraffes and the Elephants were getting ready for their T1 Rugby match. The Giraffes' long necks stretched high above the field as they giggled and warmed up. The Elephants stamped their big feet gently on the grass and passed the rugby ball with their strong trunks.

Standing in the middle of the field was the referee, Ruby Raccoon, holding a whistle and a rugby ball. "Before we start our match, we are playing a game that will help us with our teamwork. This game is called chain tag. We will have 2 people who will be the taggers. When you tag someone, hold their hand and try to work together to tag someone else until you make a chain of 4. Then, when you get to 4, split in half and make 2 teams of 2 people to start your chains again. If you are not in the chain, try to not get tagged!"

"I've never played that before," whispered Esian Elephant.

"I hope I don't forget!" said Ghalia Giraffe.

Gavivi, the Giraffe's captain, smiled at her teammates. "That's okay. We can help each other remember."

Ewetse, the Elephant's captain, nodded to her team. "Elephants, let's work together, too!"

Ruby blew the whistle. The game began! Esian ran, her ears flapping as she dashed across the field. Ginika ran beside her and carefully made the tag. Ghalia and Esian held hands and started their chain. They worked hard to stay connected and ran after Gavivi.

"Tag!" said Ghalia.



Gavivi found it hard to hold hands with Esian and it made Ginika and Esian laugh. They stopped and decided how to hold hands to stay connected then ran together, talking to each other and working hard.

Sometimes the Giraffes helped each other remember. The Elephants reminded their teammates, too. Soon the field was full of running feet, swinging trunks, and long necks bobbing up and down.

Ginika, Esian and Gavivi made lots of tags, splitting up whenever they got to 4. Working together made them laugh and it helped them become good teammates.

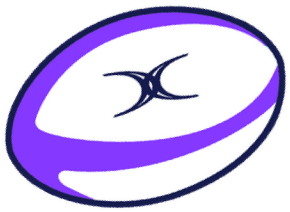
Finally, Ruby blew the whistle. The game was over. The Giraffes and Elephants lined up and shook hooves and trunks.

“Great game!” said Gavivi.

“You worked really well together,” said Ewetse.

“Today you showed the rugby value of teamwork,” said Ruby proudly as she smiled. “You helped your teammates remember the new game and worked together to play your best.”

The Giraffes cheered. The Elephants trumpeted happily. That day, everyone learned something important: when teammates help each other and work together, rugby becomes an amazing game.





respect

Ekala Emu learns a lesson

In Outback Park, the Emus and the Koalas were getting ready to play some T1 Rugby games. Ruby Raccon, the rugby referee, was setting up her pitch.

Ekala Emu was very excited. She loved last week's rugby activity. Her best friend, Karri Koala, was also excited. But together they could get carried away.

Ruby asked everyone to come together so she could explain the rules of the game. "Today we are playing a game called ball touch. The aim of the game is to try and avoid being touched by the ball, while the ball carrier will try to use the ball to tag as many people as she can. Do not throw the ball at anyone, you must touch the person with the ball gently below the shoulders. After 1 minute, we will swap over. Ekala, would you like to be the ball carrier first?"

"Yes!" said Ekala, who flapped her wings in excitement.

The game started and the Emus and the Lions ran around trying to get away from Ekala. They were very good at dodging and moving into space away from her. Karri cheekily stuck out her tongue at Ekala as she dodged her touch.

"I touched you!" cried Ekala.

"No, you didn't," said Karri.

Ruby blew her whistle. "No touch, Ekala." Ekala started to protest but Ruby said, "I'm the referee and that is my decision. Play on."

Ekala was frustrated. She decided to throw the ball at Kath Koala, who was nearby. It hit Kath in the head and made her cry. Karri stifled a laugh.



Ekala ran to pick up the ball and tried to throw it again, but Ruby blew her whistle and said: "1, 2, 3, eyes on me!" Everyone stopped.

Ruby then said calmly, "Does anyone remember what the rules of the game are for the ball carrier?"

Karri raised her hand. "The ball carrier must touch the person with the ball and not throw it at them."

"That's right," said Ruby. "In rugby there is an important value called respect. We must respect the rules of the game, the referee and each other. Playing with respect keeps everyone safe and makes sure everyone can have fun."

Ekala was sad because she didn't mean to make Kath cry, she was just excited about the game. "I'm sorry," she said. "I understand I need to respect the rules and everyone else." She really wanted everyone to feel as happy and excited as she was.

Karri also felt bad for egging Ekala on. "I'm sorry for teasing you, Ekala, and laughing when you got hurt, Kath."

Ekala had learned something important. She learned that showing respect for the rules and for each other means that everyone can feel safe and, best of all, have fun.



enjoyment

The Tigers and Pandas play for fun

On a bright and sunny Saturday morning, the Tigers and the Pandas met at Bamboo Forest Park. They weren't there to win trophies or collect medals. They were there for something much more important. They were there to have fun practising their rugby defending and attacking by playing a game called raggy taggy!

"Who wants to be a tagger first with me?" called Tirta Tiger, bouncing with excitement.

"Me!" shouted Ping Panda, raising her paw high. Soon everyone was giggling, stretching, and chasing each other around the field.

Referee Ruby Raccoon blew her whistle. "Remember," she said with a smile, "tag below the shoulders, try your best, help your friends, and have fun." The Tigers and Pandas cheered. "Hooray!"

The game began. Tirta ran, her tail swishing behind her. "Oh no!" she laughed as Pei Panda gently touched her with two hands.

"Tag made!" Pei called.

"Good one!" said Tammana Tiger.

The Tigers and the Pandas ran, tagged, and cheered for one another as they dodged and tagged. When Tammana made it to the other end for the first time, everyone cheered. You did it!" shouted Ping. Tammana beamed brightly.



As the game continued, something wonderful happened. The Tigers stopped thinking about being tigers. The Pandas stopped thinking about being Pandas. They were simply friends playing together. They gave high-fives, told silly jokes, and celebrated every tag and every brave dodge.

When the final whistle blew, nobody asked who had the most tags. Instead, Tirta asked, “Can we play again next week?”

“Definitely!” laughed Ping.

“And maybe new games!” added Pei. The players sat together under a big oak tree and enjoyed a picnic. As they munched sandwiches and juicy strawberries,

Referee Ruby asked, “What was your favourite part of today?”

“The running!” said Tammana. “The laughing!” said Ping.

“Making new friends!” said Tirta.
Ruby smiled. “Those are all wonderful answers.”

As the sun began to set, the Tigers and Pandas waved goodbye. They went home tired and happy. And every single one of them knew the same thing: rugby training wasn’t just about playing and winning games. It was about having a go and lots and lots of fun with friends.



The Foxes get stuck in the mud

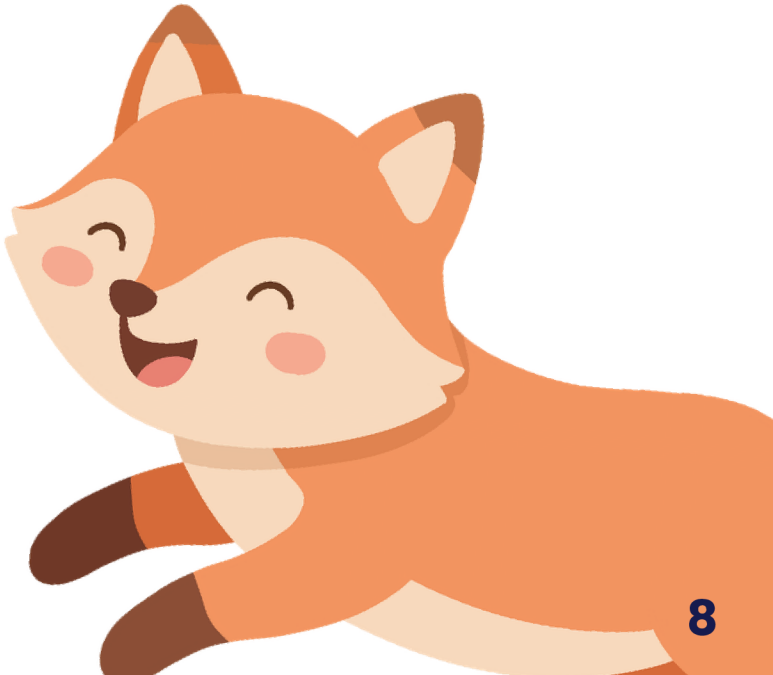
The Foxes were getting ready for their T1 Rugby training games at Friendly Forest Rugby Club. "This is going to be so much fun," said Felicity.

“I hope we win!” Fern added.

Ruby Raccoon, the referee, gathered everyone together and explained the rules of the game. "Today we’re playing ‘stuck in the mud’, T1 Rugby style. We’ll have 5 of you trying to tag as many girls as you can and you can only tag them armpits or below. If you get tagged, you need to stand still like a star and wait for one of your own teammates to come along and give you a high five. Fiona, Fern, Freya, Felicity and Flora, you can be my first taggers.”

Everyone was excited to get started. Ruby blew the whistle — tweet! The game began.

The taggers worked hard trying to catch the others. There was lots of laughter as the Foxes ran around the pitch tagging, freezing and high-fiving. Then Freya started crying and shouting. “It’s not fair! Fern isn't stopping, even when I tag her! She isn't playing properly!"



Ruby stopped play and asked the girls what it means to follow the rules of the game.

"It means the game is fair," said Fiona

"And it means we can all have fun," added Felicity.

Ruby nodded. "You are both right. Did you know rugby has a special value? It's called discipline. Do you know what it means?" The girls looked at each other and shook their heads.

"Discipline means playing by the rules and doing the right thing — even when no one is watching."

Fern looked sheepishly at Freya. "I'm sorry, I will try harder to do the right thing." Ruby started the game again and the girls had a great time. Everybody played by the rules and there were happy smiley faces.

In rugby, playing with discipline feels great for everyone.



Carmen Capybara in orbit

On a bright Saturday morning, the rainforest friends were playing T1 Rugby in a clearing of the Jolly Jungle. Carmen Capybara loved to run with the ball. She was very fast!

Carmen always wanted to play the chasing games she liked to play.
Ruby Raccon, the referee, brought everyone together. “Today, we’ll be playing passing orbits. We have one of our team who is in a wheelchair and this game will mean she can also play.”

Carmen thought grumpily to herself: This isn't rugby! This game is going to slow me down!

Ruby had all the girls make a circle and hold wings and paws to get the right distance between them. Then they let go and took a step backwards, making the circle a little bigger.

Ruby explained the rules of the game. "We are going to pass the ball inside the circle all the way around as fast as we can. While that happens, the girl who started the passing will orbit the circle, running as fast as she can all the way around the circle to try to beat the ball back to where she started."

Sofia Sloth had her wheelchair set up ready to play and Carmen was right next to her. Sofia got to start and passed the ball to her left and started to wheel as fast as she could around the circle. Carmen was getting impatient, the girls kept dropping the ball and she thought Sofia was too slow. "Hurry up," Carmen said. "You can go faster!" she shouted at Sofia.



The ball got back and so did Sofia. “Finally!” huffed Carmen as she snatched the ball from her. It was her turn. She passed the ball and ran as fast as she could. She beat the ball around and did a showy celebration right beside Sofia. It made Sofia feel bad about herself.

The game played a little longer and Carmen continued to be annoyed and impatient. After the game, Ruby brought Carmen and Sofia together. "Carmen, do you know what sportsmanship means?”

“No,” said Carmen quietly.

Ruby smiled. “Sportsmanship means being a good teammate and saying well done. Today, your actions and words made someone else feel like they weren't doing it right although everyone was trying their best."

Carmen looked down at her paws. “I just really wanted to be fast and win.”

“That’s okay to want to win,” said Ruby. “But having fun, recognising effort and being kind is more important.”

Carmen thought for a moment. “I’m sorry, Sofia, for being impatient. You did a really a good job and you were fast.”

Sofia smiled and said she would like to play again. Carmen smiled, too. Being kind felt nice. And being a good sport felt even better.



Values

The great First Try rugby celebration

On a sparkling summer morning, Willow Meadow Park was buzzing with excitement. Colourful bunting fluttered in the breeze. Balloons bobbed up and down. A giant banner stretched across the rugby field: WELCOME TO THE RAINBOWS FIRST TRY RUGBY CELEBRATION!

Animals from near and far were arriving with big smiles and even bigger excitement. “This is going to be the BEST day ever!” squealed Carmen Capybara.

“I can’t wait to play rugby with everyone!” said Felicity Fox.

Nearby, Ping Panda was helping younger players tie their boots. “Thank you!” said Tirta Tiger. “That’s what teammates are for,” smiled Ping.

Soon the girls gathered on the field. Ruby Raccoon, the referee, had created a game about teamwork. “Today isn’t about winning,” she said kindly. “Today is about all the wonderful things rugby teaches us.”

The games began. Sofia Sloth made a brilliant pass to Karri Koala. “Great pass!” shouted everyone.

When Karri accidentally dropped the ball, she looked disappointed. But instead of laughing, the other girls encouraged her. “You’ll get the next one! You’ve got this!” And she did.



As the morning continued, everyone played rugby games together. The older girls helped the younger girls. The faster runners waited for friends who needed support. Everyone got a chance to carry the ball. Everyone got a chance to score. Everyone got a chance to shine.

Then came a tricky challenge. The players had to run through an obstacle course while passing the ball. Some girls found it easy. Others found it difficult. Tiny Mia Mouse worried she wouldn't finish. But she kept going. Step by step. Pass by pass. Finally, she crossed the finish line. The whole field erupted into cheers. "You did it, Mia!"

Finally, the girls played a special kind of touch rugby match called T1 Rugby. No one argued with the referee. Everyone listened carefully. Everyone followed the rules. Even when decisions didn't go their way.

As the match ended, Ruby gathered everyone together. "You have all shown the rugby values beautifully today." The girls grinned proudly.

But then something unexpected happened. A shiny white minibus rolled into the park. The door opened. Out stepped a very special guest. It was England women's rugby star, Marlie Packer!

The girls could hardly believe their eyes. "Marlie!" squealed Ewetse Elephant. Marlie waved and laughed. "Hello everyone! I've heard amazing things about today's celebration!"

The girls surrounded her with huge smiles. She gave out high-fives. Then more high-fives. Then even more high-fives. Soon everyone was giggling. "Your hands must be tired!" joked Felicity Fox.

"They're rugby hands," laughed Marlie. "They're built for high-fives!"



Then came the awards ceremony. There were certificates, stickers, rugby wristbands, medals, water bottles, and shiny rugby balls. One by one, the girls were called forward. Ping Panda received a certificate for teamwork. Mia Mouse received a certificate for sports-girl-ship. Karri Koala received a certificate for respect. Every girl received something special. Because every girl had contributed something wonderful.

When the final certificate was handed out, Marlie smiled. “Do you know what makes a great rugby player?” she asked. The girls thought carefully.

“Scoring tries?” said Ewetse Elephant.

“Running fast?” asked Carmen Capybara.

“Passing?” suggested Tirta Tiger.

Marlie shook her head. “Those things are great. But the best rugby players enjoy themselves and show respect, sports-girl-ship, teamwork, and discipline.” The girls looked around and realised they had all shown those qualities today.

Referee Ruby nodded proudly. “You’ve all become rugby stars.”

As they headed home, each girl carried their certificate. But the most important thing they carried wasn’t in their hands. It was in their hearts and memories. The joy of rugby. The power of friendship. And the knowledge that every girl belonged.

