

Rugby classes are the perfect fixture for little players



It seems only right, given our city's rich rugby history, that youngsters in and around Bath are learning through play with fun sessions at Rugbytots.

The weekly classes are for children aged between two and seven, and combine the many skills used in rugby with fun, energetic and structured play.

The Bath Parent Magazine popped along to a recent Rugbytots session which looked such fun we secretly wished we were young enough to join in.

Former rugby player Paul Hurley is lead coach for the sessions, bringing just the right mix of fun and gentle discipline to make sure little ones get the most out of each session.

"The sessions are a lot of fun," said Paul, who has been coaching the budding rugby players for two years.

"They help develop their motor skills, they learn their colours when

we ask them to pick up specific coloured balls for example, and they learn discipline and respect.

"We always have a little quiz and we ask questions such as 'What is the referee called?' and they will put their hands up and answer 'sir' so they are learning respect from a very young age.

"The sessions are 30 minutes for children up to three-and-a-half and 45 minutes for children up to the age of 5.

"We also have sessions for five-seven-year-olds and we can see how Rugbytots helps children develop."

Plenty of praise is dished out – making little ones keen to respond and learn – and we loved the way Paul encouraged children to sit quietly and put their hands up before answering questions. And there are no couch potatoes at Rugbytots, just lots of energetic youngsters running around and

letting off steam. While unsuspecting youngsters might think they are just having fun in fact they're getting lots of exercise, learning about discipline which will help them when they go on to school and honing their gross motor skills.

Hoops are laid on the ground and make perfect places to score tries, while a brightly coloured parachute sees the youngsters learning how to throw and catch as the balls are thrown on before being gently shaken off.

Dad Arwel Hughes brings his four-year-old daughter Eira to Rugbytots. He said: "I am a massive rugby fan and when I heard about Rugbytots I thought 'Rugby for babies – what's not to love?'"

"I started bringing Eira and it is great, her best friend comes as well and they run around a lot and have fun.

"There is also a structure towards playing rugby in the future."

To book classes go to www.rugbytots.co.uk call 0845 313 3242 or email david@rugbytots.co.uk

