



TAG RUGBY AS A PROMISING DIRECTION OF PHYSICAL EDUCATION OF STUDENTS

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Abstract: *The article discusses the objectives of the introduction of tag Rugby in the educational process of physical culture in educational institutions. The characteristic features of the game of Rugby and tag Rugby are analyzed. The importance of the introduction of Rugby and its varieties in the educational process is substantiated, the expected results are described.*

Keywords: *physical education, principles of education, educational process in physical culture, tag Rugby.*

Rugby is a popular sport in many countries of the world.

The advantage of rugby as a sport lies in a special philosophy, in the so-called rugby code, which is described by the principles of education of rugby players of all age groups: fair and fair play, respect, passion, discipline, solidarity and friendship. Honest and fair compliance with the rules is at the heart of the game of rugby. Team spirit is manifested in respect for the coach, teammates, opponents and referees. Rugby players are above national, geographical, political and religious differences. In many team sports, the manifestation of nobility depends on individual players, but in rugby, the concept of "fair play" is elevated to a rule and even a cult. Until now, in many countries of the world, rugby is considered not a sport, but the education of youth.

In order to instill a love of rugby and interest students in rugby, it is worth starting training with a form of contactless rugby - tag rugby. In recent years, tag rugby has been gaining more and more popularity in Russia due to its simplicity and accessibility.

Tag rugby is a fun and exciting kind of rugby, suitable for both men and women of all ages and physical abilities. There are no fights in this game and grappling is prohibited, which makes the game as safe as possible. For the first time, the tag rugby game was organized and held in 1991 in England by Nick Leonard as a way to attract young people to rugby. Since then, the popularity of tag rugby has increased markedly, and now it is played all over the world.

The experience of rugby specialists and coaches shows that in order to organize a game in which players of all ages have the opportunity to participate in tag rugby, as well as to better approach different physical and psychological components of players of different age groups, it would be right to create different versions of the rules for young and adult players.

The first rules of tag rugby (children's rules) were formulated for a young player and were built in such a way as to create a fast, smooth and simple game that suits his age group. However, with the increasing number of adults who want to play tag rugby, it has become necessary to create more structured rules, thanks to which the game has become more intense, these are the so-called adult rules. The rules of adult tag rugby are based on the rules of contact rugby.

A kind of contactless rugby - tag rugby – physical contact with an opponent in this fun and exciting kind of rugby is completely absent. Players are equipped with special belts with



"Velcro" and colored tags on the sides, the tearing of which is the only way to stop the opponent's progress with the ball. This game allows you to learn the basic values of rugby, observing the basic principle of classes – safety. It is important to know that tag rugby is approved by the Ministry of Education of the Russian Federation and recommended for study in physical education classes.

Tag rugby has been included in the program of Presidential Sports School Games at all stages for the fifth year in a row. It is also a mandatory part of the All-Russian competitions of school sports clubs.

For students, there is nothing more natural and exciting than learning something new and experiencing it for themselves. It became possible to learn how to play rugby, to feel the unique spirit of the game, thanks to the use of elements of rugby and tag rugby in physical education classes at all levels of education.

The goals of introducing elements of rugby and the game of tag rugby into the educational process of physical culture:

- popularization of rugby;
- increasing interest in a healthy lifestyle among children and students;
- familiarization of teachers and teachers of educational institutions with the possibilities of introducing elements of rugby in physical education classes;
- Creating conditions for physical education classes and competitions with elements of rugby.

Expected results of the implementation of the introduction of elements of rugby and the game of tag rugby in the educational process of physical culture:

- raising awareness of the Russian population about rugby;
- increasing the number of Russian educational institutions equipped with sports equipment and using elements of rugby in the physical education of students;
- increasing the level of knowledge and professional skills of teachers and teachers of physical education, teaching schoolchildren and students the basics of rugby, as well as increasing the number of teachers with qualifications sufficient to teach the basics of rugby;
- Increase in the total number of students learning the basics of rugby in physical education classes and taking part in competitions with elements of rugby; involvement of more young students to attend rugby classes on a regular basis outside of school hours.

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