

# Rugby Aptitude Assessment FAQs at SJWMS Sixth Form

## **1. What does the assessment day consist of?**

Participants will undertake seven activities. They are: broad jump -to assess lower body power; leg press (three rep maximum) - to assess lower body strength; lateral movement fitness test - to assess agility; 40m sprint - to assess speed; Bronco - to assess aerobic fitness; wall throw - to assess hand-eye coordination; a multi-directional ball-movement evasion game (not rugby) - a series of different size/shape balls will be used to assess catch-pass aptitude. As the game progresses rules will be adapted to allow running and participants will be allowed to discuss tactics. The game will assess the following skills: Competitiveness; Catch-pass; Identification of space; Work rate; Communication; Leadership.

## **2. What do I need to wear for the assessment day?**

Shorts/t-shirt (tracksuit if desired) and trainers. All equipment will be provided. Participants who play rugby must not wear rugby team/club clothing.

## **3. How will my rugby aptitude be judged?**

The seven activities undertaken during the day, which assess aptitude in rugby by testing relevant skills, will all be scored using objective criteria. These scores will be aggregated to provide a rank order.

## **4. I have never played rugby before. Is that a problem?**

No. This assessment day is designed to assess aptitude in rugby, not ability. We will not consider any evidence of prior or current rugby playing ability nor ask any questions about rugby playing status. Participants must not wear any rugby team/club clothing.

## **5. What if I am late or ill or cannot attend?**

All participants must undertake all the activities to allow the assessment and scoring to be fair. There is no opportunity for another assessment day. Please plan in advance and be organised.

## **6. I have a disability. How will this be recognised and supported?**

The school takes full account of our duties under the 2010 Equality Act. Students whose Education, Health and Care (EHC) plan names the school will be admitted, as long as they have met the academic entrance requirements, and do not need to seek admission under the sporting (rugby) aptitude criterion. We will make reasonable, appropriate and flexible adjustments for pupils with special educational needs and disabilities.

## **7. How many students will be present?**

All applicants who specify on the application form that they wish to be considered for a place in Year 12 under the sporting (rugby) aptitude criterion will be invited to attend.

## **8. How will I be informed of the outcome of the assessment?**

Attendees will be notified via email of their position in the rank order, if they passed the threshold and if they were successful in securing a place under the sporting (rugby) aptitude criterion.

## **9. Can I appeal the outcome of the assessment?**

Students and families can lodge an appeal against the decision of the school not to offer a place in Year 12, regardless of the reason. It is not possible to submit an appeal about the outcome of the assessment specifically.

## **10. Can both girls and boys attend the assessment day?**

Yes. Both girls and boys can express an interest in the sporting aptitude test via the application form and can therefore attend the assessment day.