Action Project Proposal:

"Assistance with designing our 'NRL Try Time' programme, specifically aimed at schools with children with disabilities"

Who Are NRL Fiji?

The National Rugby League runs the world's premier Rugby League competition, comprising 16 teams (15 from Australia and one from New Zealand).

NRL Pacific Outreach provides Rugby League education throughout Fiji and outer islands.

The NRL was formed in Fiji to work within schools and community groups to establish long term relations and partnerships with the ministries and Civil Society Organisation, helping the growth and development of children and youths. Our programmes also enable education on the importance of a healthy lifestyle, mental and physical wellbeing and how to tackle bullying.

Mission:

Rugby League in the Pacific will inspire and unite people to create better communities.

Long Term Aims & Vision:

Values: Inclusive, Discipline, Positive and United

Aims: Our key aims and objectives are to boost positive social cohesion influences, to assist with maintaining quality education for all students in Fiji, to drive for gender equality and

increase awareness around domestic and gender-based violence and to promote inclusiveness in sports and all sectors of the workplaces in Fiji.

Current Challenges:

One of our current barriers is in aligning our health, wellbeing and physical activity programmes and our objectives with the Fiji Ministry of Education. Programmes like NRL have proved to be highly effective within primary school students, but we must ensure that the Ministry supports this. The exposure of NRL programmes in primary schools has allowed students to explore their key fundamental movement skills outside of the classroom, which has in turn created an open mindset and focus for students when returning to their daily studies inside the classroom. It has been most difficult to get in the door of the Ministry of Education and to highlight areas that both parties can benefit from. As one of over 16 sports in Fiji, NRL often struggles to gain the access required in schools in order to have a maximum impact on children and communities.

Further Information:

A lot of the content for the Try Time program has already been collated although further ideas would be appreciated. However, the main aim of this project is to collate all of the information for the program into an attractive and easy to use workbook. This will involve some graphic design and a lot of creative work.

Key Research & Discussion Areas:

You may wish to consider..

PLANNING AND DELIVERY

- What is the purpose of your program? How does this fit in with NRL's mission, values and long-term aims?

Tip: Have a tangible aim which is SMART (specific, achievable, timely, measurable and realistic)

- Consider the audience of your resource, how will you ensure that the program is engaging and beneficial for them?
- What financial, people and physical facilities are already available to plan and deliver your resource? What financial, staffing and other facilities need to be developed? What partner organisations, experts or other stakeholders could you collaborate with to fund, staff and support these resources?
- How will you ensure that the workbook is accessible and easy to follow?
- Can you find examples of workbooks or similar from other organisations?
    - What is good about these?
    - How could they be improved?
- How will you ensure that the workbook is attractive and professional?
- What software will you use to create graphics and the workbook itself?

- How much do you know about the needs of disabled children?
  - What research has been done about the positive influence of sport?
    - How can you incorporate these findings into your program?
- How much investment (e.g. time, financial etc …) do you think should be invested in the planning, delivery and evaluation of your program to make it successful?
  - What resources are available to you?
- How will you ensure that the delivery of your program is sustainable in the long-term?

CONTENT

- What key skills should be focused on in the program in order to improve e.g. motor skills for the children?
- How will you ensure that the activities are accessible for students with varying disabilities?
- How will you structure the workbook so that it allows for easy lessons?

BARRIERS

- What barriers are there to the planning and delivery of your resource? How could these be overcome?
- How could you overcome the following types of barriers to engagement/participation with and access to your resources::
  - Financial (e.g. cost of access)
  - Practical (e.g. lack of time)
  - Social (e.g. what are the current attitudes to disability in Fiji? If there is a lack of understanding, how can you help to overcome this?)
  - Physical (e.g. deafness, blindness, physical disability such as those in a wheelchair)
  - Mental (e.g. autism, ADHD, other mental health problems such as depression or bipolar)
  - Information and Knowledge (e.g. lack of knowledge about subject among audience and educators)

EVALUATION

- Come back to your original aim - has your program achieved their purpose/provided the means to achieve their purpose?
- What method of evaluation will you use/recommend you to evaluate the success of drama or play therapy resources? (e.g. focus groups, interviews, surveys, observational)

- How will the results be presented in the short-term and be made available in the long-term?
- How can you use your findings to further improve the workbook?

Useful Links:

- Organisation page: https://thinkpacific.com/action-project-national-rugby-league/
- Website: https://www.playrugbyleague.com/?fbclid=IwAR3fUC2eBkyRinbOT036h0yMfkgFslzzko0n_HzZ-kJdJkt-Hj5xzvgRmdE
- Facebook Page: https://www.facebook.com/NRLFiji
- Information 'Try Time' - https://www.nswrl.com.au/competitions/community-and-affiliates/try-time-rugby-league/?_ga=2.171786464.112831680.1596414416-1088752775.1592540859

Further Questions

Are there any questions you would like to ask NRL Fiji to assist in completing this project?

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