

School of Rugby Senior Phase Progression Pathway

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**NPA Level
Team Games**

**Developing Player
Programme
SCQF Level 4/5**

**Goal
Setting**

**Working
with young
people**

**Conflict
resolution**

**Sport &
Fitness**

**SCQF
Level 4/5
units**

**Rugby
Performance**

**Circuit
Training**

**Resistance
Training**



**National 5
PE with Rugby**

**Rugby
Ambassadors**

**L6 Sports
Leadership**

**Higher PE
with Rugby**

**Rugby
activators**

**Coaching
Essentials**

**Mini rugby
Referee**



IRVINE ROYAL ACADEMY
Ambition • Respect • Responsibility

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