



Education & Learning

'Rugby with Rodney'

Like everybody, in between washing his hands and learning new rugby skills, Rodney needs some help with learning other skills and is asking all his friends if they could work through some of his tasks and send them into us or post them to us on twitter.

mike.sage@dragonsrugby.wales

[@DRA_Community](https://twitter.com/DRA_Community)

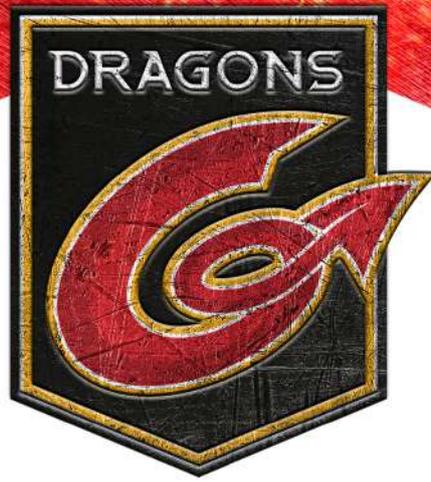
Good luck and thanks for your help.

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Task 1

All of my best friends play rugby at the Dragons and I was wondering if you could write a short story about one of these players and tell me all about them?

Rodney says: "Think about where they are from and what position they play!"

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Task 2

Here is a PRO14 league table with position and points:

	Points		
1 Leinster Rugby	56		
2 Ulster Rugby	37	Win =	4 Points
3 Glasgow Warriors	31	Bonus =	1 Point
4 Toyota Cheetahs	29		
5 Dragons	18		
6 Zebre Rugby	14		
7 Ospreys	13		

Work out how the league table will finish after the following matches:

Dragons

Win 4 Matches (3 with a bonus point)

Cheetahs & Zebre

Win 2 Matches (1 bonus win for Zebre)

Glasgow

Win 1 Match

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Task 3

I love drawing and colouring all my friends at the Dragons, but there are so many I can't draw them all! Do you think you could help me and draw your favourite player?

The players love seeing their pictures... so we will pass them on!

Rodney says: "Be creative and try using different kinds of pencils, crayons or paints"

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Task 4

I love watching the Dragons and we play teams from lots of different countries in our league. Sometimes I get really lost when we play away, so I was wondering if you could write me a paragraph on each team? (refer to Task 2 for teams).

Rodney says: "Think about the country, location, name of stadium and any other interesting information."

Good luck!

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Task 5

I am missing my PE lessons but would still like to improve my rugby skills. I've been told that some of you are very talented and have great skills...

Rodney says: "It would be really helpful if you could post me some clips of your best skills. It's a great time to get out in the garden for exercise and to get some fresh air!"

Diolch!

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Task 6

Rugby players need to eat lots of healthy foods to be fit & healthy. Could you write me a list of the foods that are good for players to eat - and the foods that are not so good? (Think of 10 of each, including breakfast, lunch & dinner.)

Rodney says: "It is important to eat healthy foods and remember to drink as well to keep your body fit and healthy."

"Hope you enjoyed my tasks and looking forward to seeing your great work."

Good luck / Pwb luc.

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