



Education & Learning

Rugby with Rodney 4

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)

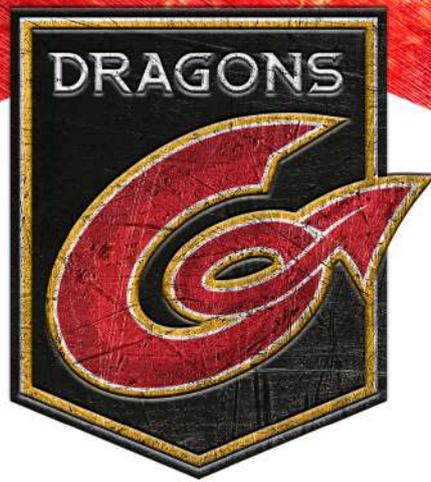
Good luck and thanks for your help.

**FOUNDED IN STEEL
FORGED IN FLAMES**

#BRINGYOURFIRE

DRAGONSRUGBY.WALES
@DRAGONSRUGBY   
@DRA_COMMUNITY 





Task 1

Our home stadium is Rodney Parade and I would love to know some more about the history and the developments made over the years. The stadium has hosted some of the most historic club and international matches.

Could you write me a story on the history of Rodney Parade?

Rodney says: "When was Rodney Parade built? Who has played at the stadium and tell me about some of the most memorable matches!"

**FOUNDED IN STEEL
FORGED IN FLAMES**

#BRINGYOURFIRE

DRAGONS RUGBY WALES
@DRAGONS RUGBY   
@DRA_COMMUNITY 





Task 2

Rodney Parade stadium has four main sides that surrounds the ground for spectators.

Research the names of the stands and terraces and look for the capacities in each area. Add them all together - can you find the stadium capacity?

Q. The Bisley Stand has 975 supporters seated - what is the percentage of seats taken and how many seats are left?

Q. If the ground is 69% full, how many supporters are in the stadium?

Q. The Compeed area is 78% full, 34% are sat down and 44% are in the terrace. How many supporters are in the stand & terrace combined?

**FOUNDED IN STEEL
FORGED IN FLAMES**

#BRINGYOURFIRE

DRAGONSRUGBY.WALES
@DRAGONSRUGBY   
@DRA_COMMUNITY 





Task 3

Be creative! I love seeing homemade models of our home ground, Rodney Parade. Could you build one at home and show me?

Rodney says: "Try and use household items like boxes and other recyclable objects!"

**FOUNDED IN STEEL
FORGED IN FLAMES**

#BRINGYOURFIRE

DRAGONSRUGBY.WALES
@DRAGONSRUGBY   
@DRA_COMMUNITY 





Task 4

The history of rugby matches played at Rodney Parade is really important to us all. Could you make me a collage of photos from some of the historic games played on the ground?

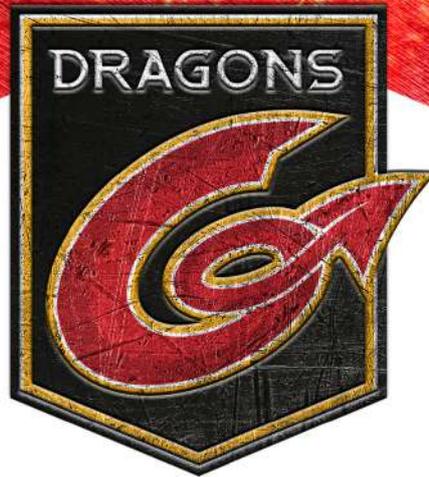
Rodney says: "Research the history of both Newport RFC and Dragons Rugby..."

**FOUNDED IN STEEL
FORGED IN FLAMES**

#BRINGYOURFIRE

DRAGONSRUGBY.WALES
@DRAGONSRUGBY   
@DRA_COMMUNITY 





Task 5

I've been working with our strength and conditioning coach - via facetime - and he has given me some exercises to do to keep me fit and healthy. Can you do them and post them to me?

If you are not sure how to do the exercises, ask mum or dad to demonstrate or research on the web.

Rodney says: "Good luck!!"

10 Press Ups

10 Sit Ups

30 sec - Plank

10 Standing Squats

10 Star Jumps

10 Lunges

10 Burpees

30 sec - High Knees

FOUNDED IN STEEL
FORGED IN FLAMES

#BRINGYOURFIRE

DRAGONSRUGBY.WALES
@DRAGONSRUGBY   
@DRA_COMMUNITY 





Task 6

Energy! After I play or train I feel really tired, so I need to rest and re-fuel my body. Could you make me a list of good recovery foods - so I am ready to start again?

Rodney says: "Research what foods and drink are the best to eat to help me recover quickly..."

Good luck / Pwb luc.

**FOUNDED IN STEEL
FORGED IN FLAMES**

#BRINGYOURFIRE

DRAGONSRUGBY.WALES
@DRAGONSRUGBY   
@DRA_COMMUNITY 

