



Education & Learning

'Rugby with Rodney'

Like Everybody, in between washing his hand 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

In Wales, we are renowned for singing and it's a part of our Welsh Identity. I wonder If you could you write a song about Dragons Rugby or a catchy chat for some of our players?

Rodney says, "think about Wales, Dragons Rugby, Rodney Parade and our players".

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Task 2

I sometimes wonder, how many rugby players there are in Wales, could you research the different areas of Wales and work out the total amount of players and the percentage in each Region?

Think about the four Welsh Rugby Regions - Dragons / Blues / Scarlets & Ospreys

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Task 3

I enjoy doing word searches to keep my brain active. Can you design one for me to test on our Dragons players?

Rodney says, "Try and make it super tricky by spelling some words backwards".

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Task 4

I love watching rugby from all over the World. Could you research the top 30 Countries ranked in the World and the Capital City of each Country?

Rodney says, "If you are feeling really clever you could find out what their National Stadium is called".

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Task 5

I am learning about the different parts of the body I need to strengthen to play rugby. Research the main muscles that we use and different training methods to design a short exercise circuit to improve our speed, power & fitness.

Rodney says, "I need to know the exercise, how many reps, how many sets and rest time between exercises and sets".

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Task 6

Rugby players need to eat good foods to keep fit & healthy.

1. Could you give me an example of a healthy meal in each of these areas:

Breakfast

Snack

Lunch

Dinner

Supper

2. Can you also think of foods and drinks that are not so good for your body & why?

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

Good luck / Pob lwc.

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