



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

Planning is very Important in schools, so they have a timetable. Professional rugby players have diaries to record & monitor their meals, training, progress and recovery time.

Can you give me an example of your daily diary or even a week at home?

Rodney says, "Planning my day keeps me focused and helps with my health & wellbeing".

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Task 2

The Rugby World Cup is an International competition established in 1987 and takes place every four years. The winner of the first final was New Zealand, they beat France.

Can you research the score and scorers in this match and also answer the World Cup questions below?

Q. Where was the 2015 World Cup held?

Q. Who won in 2007, beating England?

Q. What team are the current holders from 2019?

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Task 3

Be Creative – Design a face mask of your favourite Dragons rugby player, please remember to take a selfie so I can show the player your mask.

Rodney says, “this is a challenging task, so look online how to make Face Masks designs”. Good luck.

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Task 4

Wales is like New Zealand in lots of different ways. Can you find out some information on both Countries?

Rodney says, "find out the agricultural importance as well as any other interesting facts".

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Task 5

My favourite exercise in rugby is working on my speed and agility using special agility ladders called SAQ (Speed Agility and Quickness).

What is your favourite exercise? Can you show me your rugby skills by posting on my twitter Page @rodney_dragons.

Rodney says, "I train better when the skills are fun and enjoyable".

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