



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

The Rodney Parade Stadium is steeped in history, could you write a poem around the ground and surrounding area?

Rodney says, "Research Newport and the rugby heritage "

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Task 2

Can you work out how many Counties there are in Gwent & in Wales?
Print out a map of Wales and draw in the boundaries.

Rodney says, "Who has the biggest County in Gwent and in Wales in size and population?"

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Task 3

Crosswords are a great way of keeping your mind sharp & brain active.
Could you design a crossword for me to challenge our Dragons players?

Rodney says, "Have a look at how crosswords are constructed and make it rugby related"

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Task 4

Following on from task 2, can you find out the longest running rugby club in all the Welsh counties?

Rodney says, "I would love to know how long the oldest club in Wales has been running"

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Task 5

I am learning about the different components of fitness to play rugby.
Research how I can improve my speed and design a session to help me.

Rodney says, "I need to know the drills, distance, rest and how many reps to do"

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