



Education & Learning

'Rugby with Rodney'

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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

Lots of Rodney's friends that play for Dragons Rugby are in different positions. Could you write a paragraph on one forward and one of our backs and explain the differences between them?

Rodney says: "Think about what different skills sets or qualities they may need..."

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Task 2

I sometimes get really confused with the different sizes and weights of our Dragons players. Below are some of our players: I would like you to research and tell me the height and weight of them all and convert it from metric to imperial measurements. (Metres & Kilograms / Feet & Pounds).

Rio Dyer
Ross Moriarty

Elliot Dee
Richard Hibbard

Jack Dixon
Sam Davies

Rhodri Williams
Aaron Wainright

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Task 3

I love keeping fit and healthy like all our Dragons players. Could you help me by using your technology at home to video a short exercise video in your home or garden to give me some ideas?

Rodney says: "Think of using your communication skills, as well as videoing the action from different angles or slow motion to help me understand your exercises..."

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Task 4

At the Dragons we don't only have Welsh born players in our squad. Could you research our squad (www.dragonsrugby.wales) and find out where the other players are from - I would love to know a little bit about the different countries?

Rodney says: "Tell me about the capital cities, populations of the countries and any other Interesting facts..."

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Task 5

Rugby players train hard and burn off lots of energy so need to eat lots of different foods. Can you make a list of foods in the below food groups?

Rodney says: "The five main groups of foods are..."

- | | | |
|------------------|------------------|-------------------|
| 1. Carbohydrates | 2. Proteins | 3. Dairy Products |
| 4. Fruit & Veg | 5. Fats & Sugars | |

If you eat foods from the above 5 groups, you will be getting a fantastic mix of the best nutrients & vitamins!

Good luck / Pwb luc

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