



Education & Learning

'Rugby with Rodney'

6

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

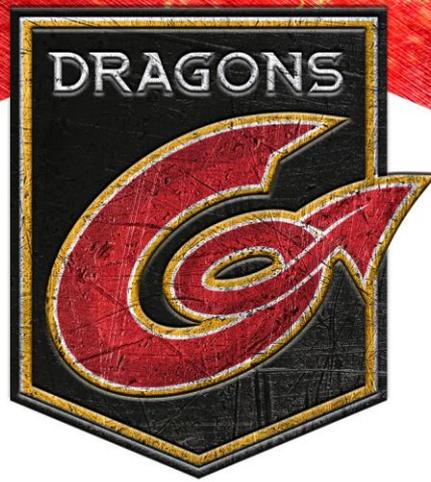
[@DRA_Community](https://twitter.com/DRA_Community)

**FOUNDED IN STEEL
FORGED IN FLAMES**

#BRINGYOURFIRE

DRAGONSRUGBY.WALES
@DRAGONSRUGBY   
@DRA_COMMUNITY 





Task 1

There are a number of very famous poems written about rugby, I would love to see your creative writing skills.

Could you write me a short poem about Dragons Rugby?

Rodney says, "Don't rush, take your time,
See if you can make it rhyme".

**FOUNDED IN STEEL
FORGED IN FLAMES**

#BRINGYOURFIRE

DRAGONS RUGBY WALES
@DRAGONS RUGBY   
@DRA_COMMUNITY 





Task 2

The pitch at Rodney Parade is 106m in length and 68m in width. Using these measurements, can you answer the question below, so I can show off my knowledge to our players?

Q. What is the diameter of the Rodney Parade pitch?

Q. How many square feet is the playing surface of Rodney Parade?

Q. How many meters is it from corner to corner?

**FOUNDED IN STEEL
FORGED IN FLAMES**

#BRINGYOURFIRE

DRAGONSRUGBY.WALES
@DRAGONSRUGBY   
@DRA_COMMUNITY 





Task 3

Be Creative – Ask your Mum or Dad to help you create a paper mache 3D head of one the Dragons players. I'll show your design to the player you make.

Rodney says, "this is a challenging task, so look online how to make paper mache designs". Good luck.

**FOUNDED IN STEEL
FORGED IN FLAMES**

#BRINGYOURFIRE

DRAGONSRUGBY.WALES
@DRAGONSRUGBY   
@DRA_COMMUNITY 





Task 4

Over the years we have had a few South African players play for us and South Africa is one of my favourite Countries.

Could you research the South African Dragons players and the different provinces they have come from and tell me a bit about that area?

Rodney says, "find out the historic importance of the Provinces' and any other interesting facts".

**FOUNDED IN STEEL
FORGED IN FLAMES**

#BRINGYOURFIRE

DRAGONSRUGBY.WALES
@DRAGONSRUGBY   
@DRA_COMMUNITY 





Task Five

Sometimes at training we do circuit training to keep us fit. I would like you to make me circuit with a series of exercises to do at home and demonstrate them for me.

Rodney says, "think about the skills or movements we use in rugby".

Good Luck / Pob Lwc

**FOUNDED IN STEEL
FORGED IN FLAMES**

#BRINGYOURFIRE

DRAGONSRUGBY.WALES
@DRAGONSRUGBY   
@DRA_COMMUNITY 

