



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

A number of our current Dragons squad play for Wales. Can you research the Six Nations and write a short story explaining how it has changed over the years?

Rodney says "how and when it started and how its changed"

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Task 2

Since the start of the Six Nations can you work out who has won the most Championships and Grand slams?

Rodney says "Use separate graphs to display both sets of data"

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Task 3

There are six teams in the Six Nations, can you tell me all about their capital cities and the grounds they play at?

Rodney says, "I would love to know how far away each ground is from Rodney Parade".

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Task 4

To become a top player, training is important. I like doing circuits training to keep me fit. I'm running out of ideas; can you help me?

Rodney says, "could you make a 15min circuit work out for me to try"

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Task 5

I like doing lots of body weight exercises. Below is list of body parts I need to work on and wondered if you could research some exercises only using my own body weight.

Shoulders

Chest

Back

legs

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