



SPORTS ACTIVITY BOOK

Volume 004

Sports Theme: Rugby

Date: Wednesday 22nd April 2020

Next Volume date: 29th April 2020

Activity schedule:

Educational section:

- 1) Rugby Crossword – can you complete in under 10 minutes?
- 2) Panmure pencil challenge – can you colour the strips correctly?
- 3) Maths challenge – Complete the challenges to help with the Rugby gala

Activity section:

- 4) Exercises – practise these to improve your rugby during lockdown
- 5) Fun challenge – Test your creativity in this activity and share it with us after.
- 6) The Coaches cookbook – What can you make using these simple ingredients.

Wellbeing Section:

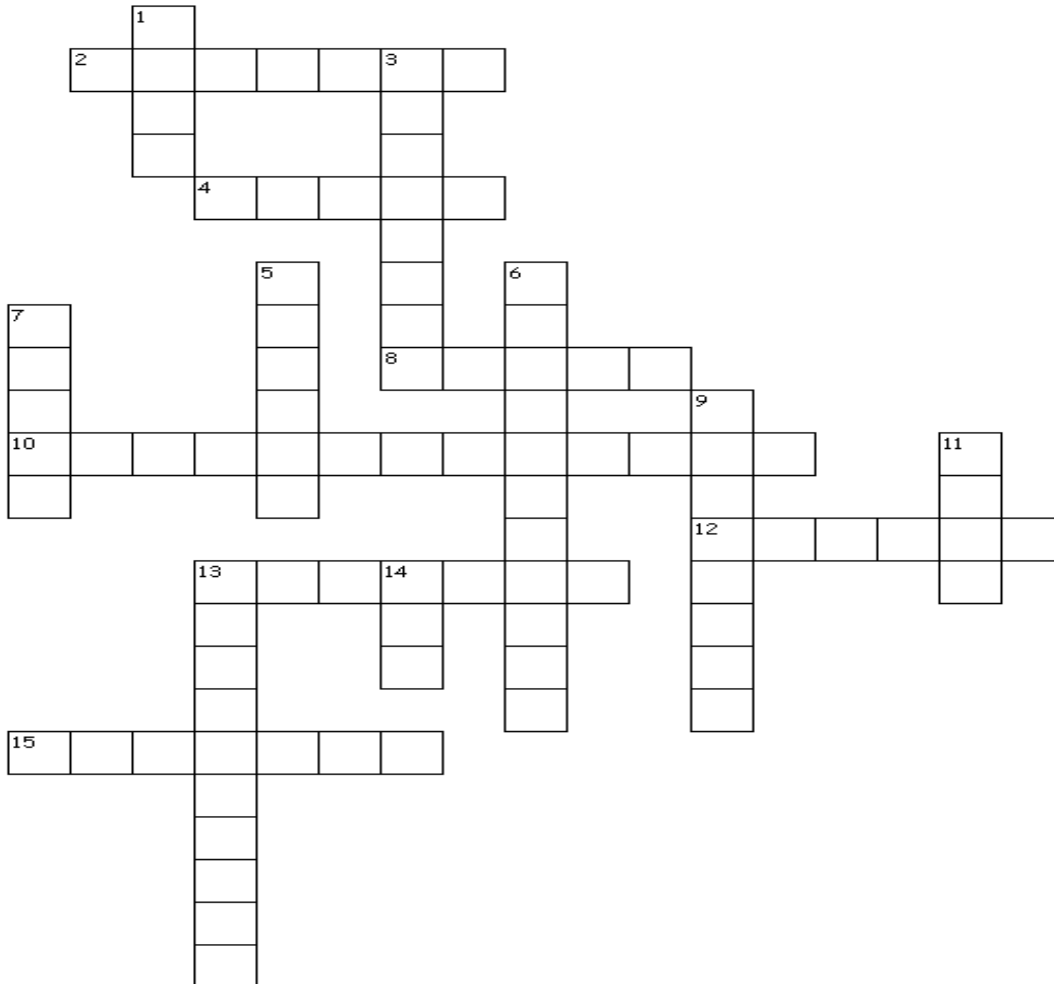
- 7) Reflection – what have you done to be proud of this week...
 - 8) How are you helping other people to feel good in this tough time?
-

This weekly workbook is designed to provide some fun content for children and parents to stay active, keep learning and stay strong during these difficult circumstances. Hopefully its of value and your family enjoy taking part. Have fun everyone!

(Sports development Officer)

Educational section:

Activity 1 – Crossword puzzle



<u>Across</u>	<u>Down</u>
2. complete these to be ready for the big game	1. when the team drives the ball collectively
4. lace up for stepping on to the pitch	3. name of the Panmure junior section
8. how the two teams might restart the play	5. speed is my best skill
10. required to make good decisions in the game	6. national stadium of Scotland
12. how you bring down an opponent	7. The area when the ball is out of play
13. the on-pitch leader of your team	9. where panmure play their home games
15. man in the middle	11. what you chase round the pitch
	13. what you try to do post-try
	14. when you carry the ball over the opposition line

Activity 2 – The Panmure coloured pencil challenge

Task: Can you colour in the strips below to make it look like it's a Panmure RFC v Scotland match? **Tip** – you can use google to research the Panmure strip colours!

Competition: Send in your entry to ross@forthillcsc.co.uk before Sunday 26th April and the winning picture will be shared on our social media platforms... good luck!



HELLOKIDS.COM ©

Activity 3 – Maths Challenge

Task: Solve the number challenges below to help the Panmure players work out their preparation time for the big match on Saturday!

Pitch up and help

- 1.1 – Panmure RFC have a home game at 3pm on Saturday, however the pitch is wet from lots of rain and needs to be inspected 30 hours before the match KO time. What time or day will they inspect the pitch at?
- 1.2 – If 3mm of rainfall needs 4 hours of dry weather, how much time will the pitch need to be dry for in order to be playable after 24mm of rain?
- 1.3 – If forking the pitch on Friday drains the pitch of $\frac{3}{4}$ of water from 6mm of rain, how much drying time will the pitch still need to be ready for the big match on Saturday?

Answer 1.1

Answer 1.2

Answer 1.3

Rugby Respect

- 2.1 – At the Forthill Rugby gala – where 6 teams will take part - there are 15 players, 1 manager, 3 coaches and a physio on each team. Before the gala begins, the referee shakes hands with everyone from all of the clubs. How many handshakes does he have to make?
- 2.2 – During the first match, the Panmure captain is high fiving his teammates to encourage them each time they make a successful pass in the game. If all players made the same number of successful passes, and the total number of successful passes was 70, how many high fives does the captain give each of his 14 teammates during the game?
- 2.3 – A Panmure player has been injured in a tackle he made and is being substituted. If two teams + staff, a referee and 36 fans are clapping him off the field, what is the total number of people clapping?

Answer 2.1

Answer 2.2

Answer 2.3

Activity section:

Activity 4 – Rugby fun at home

- 1) Try this fun home or garden workout to keep your speed and fitness up -

https://www.youtube.com/watch?v=GdksCfa_FZE

- 2) Practise your ball skills using this cool video (Just like the Panthers training!)

<https://www.youtube.com/watch?v=vE8yOQBgpzo>

Activity 5 – Fun challenge

Challenge: Based on the first video above, we want you to create your own obstacle course at home! Use whatever you can to make it look awesome and then send in your effort to ross@forthillcsc.co.uk who can share them on social media so you can impress our Rugby coaches!

Activity 6 – The Coaches cookbook

At coaches HQ, we have been getting creative with our food items to make sure we are eating healthily while we are not on court. Each week I will post one recipe to help you create something super tasty to try at home!

Recipe: Stuffed Tomatoes (Super healthy food for rugby players!)

Ingredients: Large / Beefsteak tomatoes, rice (of your choice), cheese (we like feta!), chopped garlic and spring onion.

Method:

- 1) . Pre heat your oven to 180 degrees
- 2) Slice the top off your tomato, though not too thin a top as you'll use it as a lid. Cut out the flesh from the inside to make it clear and hollow.
- 3) Put the cooked rice cheese, chopped garlic, spring onion (and any other veg you want to add) into a bowl, cover, and leave to stand for 1 hour.
- 4) Stuff the tomatoes with the rice mixture, place them in a muffin tray (to keep them from falling over) and pop the lid on. Transfer to the oven and bake for 30 mins.
- 5) Once ready, serve immediately and enjoy!

Activity 7 – Reflective practise

To improve at Rugby, or any sport in fact, we need to record our feelings and activity so we can look back and learn from them. It's very important to look back on our activities each day and record what we have done well. Whether a player or a coach, recognising our achievements can make us feel happy and confident, and so we challenge you to write down 7 things you've done well this week that makes you happy – one for each day of the week.

Day of the week	What made you proud this week?
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Activity 8 – Your good turn for the week

Task: In the next 7 days, tick off as many of these boxes as you can to help your parents out at home, showing them what an amazing tennis star you really are!

Tidy your bedroom Clearing the dishes Cooking a meal

Exercising once a day Hoovering the floors

You've done it - well done for completing this week's workbook! Look out for next week's edition with more activities and more challenges to keep up the sports fun, and feel free to pass on to friends and family!