

### **Fitness and Nutrition of a Rugby player.**

When we watch sport on the TV or live we admire the sports people for the performances they produce. How often do we consider the hard work that the athletes put in behind the scenes? This doesn't just include their skills training sessions but also the ground work they put in at the gym and the thought that goes into their nutrition. They can't just eat and drink what they like, as we all do.

Over the next two weeks we want you to think like a professional sports person. In particular like a rugby player.

- What type of training do they carry out?
- What type of things do they eat?

There are two different tasks we would like you to complete. One is fitness based to keep you active and one if nutrition based.

#### **Fitness:**

##### **TASK**

We would like you to challenge yourselves to carry out a Rugby style fitness training session a minimum of twice a week. This will be a fitness session that you can carry out at home with little or no equipment. The link below has idea that you can follow.

<https://www.englandrugby.com/participation/playing/prepare-to-play/prepare-to-play-home>

Once you have done a day of following one of the ideas on the website we would like you to create your own fitness session. You can present this in one of two ways:

- Write out the training session and explain how long you will be taking part in each station.  
**Writing.**
- Video yourself showing each station and talking through what you are doing on each station.  
**Oracy.**

#### **Success Criteria:**

- Complete the training program on the link above – practical activity
- Design your own training program this should include:
  - 8 different activities
  - Length of time to spend on each station
  - Length of rest time between each station
  - Muscles being used during each station – **extension task**
  - How each activity will help within rugby – **extension task**
- **Written task – write your training plan in a table format and submit on TEAMS**
- **Oracy task – Video yourself demonstrating each station and talking us through the activity and submit on TEAMS**

**Nutrition:**

**TASK**

Create a diet plan for one week for a Rugby player. You need to consider how much they will be training and what foods they will need to eat to replace proteins, carbs etc. An example of a nutrition guide for a rugby player can be seen on the link below:

<https://www.englandrugby.com/participation/playing/food-for-rugby/nutrition-guide>

Please present this as a diet plan in table format over a week. **Writing.**

Extension task: Cook one of the recipes on the link below. You could do a video and talk us through step by step or alternatively you can take photos and submit these. **Oracy.**

<https://www.englandrugby.com/participation/playing/food-for-rugby/recipes>

**Success Criteria**

- Create a one week sample diet plan for a Rugby player
- Be specific about where in their training program they are (pre-season, peak season, off season)
- Explain why you have chosen certain foods. E.g. do they contain protein to aid recovery or Carbs to give slow releasing energy
- **Extension task- cook one of the meals you have put into your diet plan. Send a video of you preparing this. Let us know how tasty it is.**