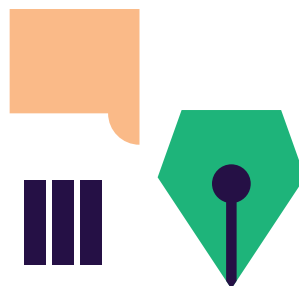


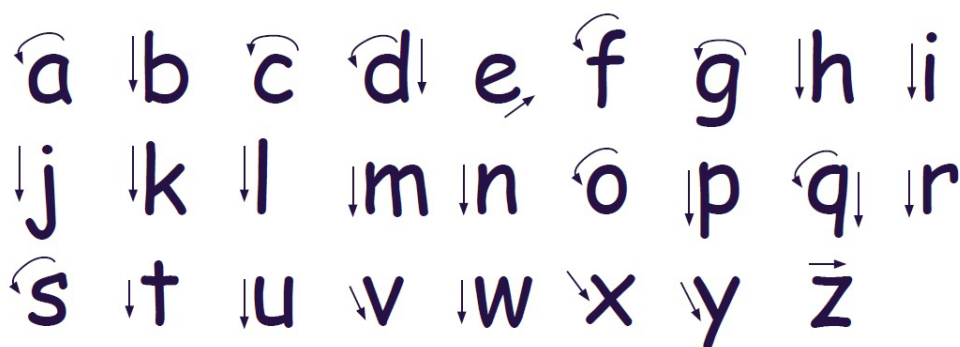
Rugby

Learning more about...



Practising your handwriting

Have a look at the letters below. The arrow is where you start writing it.



Get out a page and **start practising** your letters.



It is a good idea to have a notebook where you can jot down these exercises. This is a practice notebook just for you. Do not worry about perfect handwriting or spellings.

Writing support book

NALA has a workbook to help to you with your handwriting. It is called **Better Handwriting** and you can scan the QR code on your phone or go to our website to view online or download it:

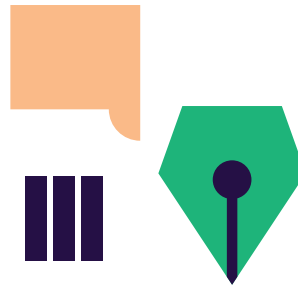
<https://www.nala.ie/publications/handwriting-book/>



You can get your free copy by **ringing us on Freephone 1 800 20 20 65** or **emailing us at info@nala.ie** to post you a copy.

NALA

Thinking more about...



Experiences of education

John Brennan - hotelier, presenter and author - was interviewed by Ryan Tubridy on his radio show.



Listen to this interview where John talks about his education experience, the teacher who changed his life and challenging society's opinion on people who do not have a university degree (22 minutes). Scan the QR code on your phone or go to: <https://www.rte.ie/radio/radio1/clips/22038449/>



Sports podcasts

Do you listen to any sports podcasts? Off The Ball (OTB) talks about every sport.



Visit the Off The Ball website to see their latest series and episodes. Scan the QR code on your phone or go to: <https://www.offtheball.com/podcasts/>



You can also listen to the podcasts through your podcast app on your phone.



Jot down the names of some podcasts you are interested in listening to.

1. _____
2. _____
3. _____