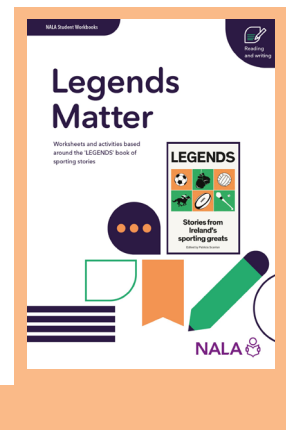


Rugby

Learning more about...



Getting started with writing

Before you write, it is good to think about what you will write and plan it.



Here is a good sheet on **How to plan your writing from the BBC Skillswise website**. Scan the QR code on your phone or go to: <http://teach.files.bbc.co.uk/skillswise/en12plan-l1-f-how-do-i-plan-my-writing.pdf>



Sometimes it is good to use a spider diagram for planning. Here is a good example of a **Spider Diagram from the BBC Skillswise website** of using one to plan a CV. Scan the QR code on your phone or go to:

<http://teach.files.bbc.co.uk/skillswise/en12plan-l1-f-planning-a-cv-using-a-spider-diagram.pdf>



Puzzles

Do you like doing puzzles? Many people like to buy a puzzle book and sit down and fill it out. Others like to do puzzles online.



If you would like to try another Word fit or Kriss Kross puzzle, you can **try out some free ones on the WordyPuzzle website**.

Scan the QR code on your phone or go to:

<http://www.wordypuzzle.com/play-word-fit-online.php>



Rugby

Thinking more about...



Paul on a quiz show

The BBC television programme 'A Question of Sport' is the longest running quiz show on British TV. It began in 1970.



Watch this 2 minute clip of Paul O'Connell on the show in 2017, where he answers a challenging question. Scan the QR code on your phone or go to:

<https://www.youtube.com/watch?v=OFsEIPNs0uE>



Would you have guessed the answer?

Interview with Paul



Paul O'Connell is an Ireland Rugby Coach now.

Listen to this interview with Paul on 'Off the Ball' where he talks about changing nutrition in rugby (39 minutes).

Scan the QR code on your phone or go to:

<https://www.youtube.com/watch?v=F12cHFUZ4nY>



What did you learn from this interview?

Will you change anything you do?
