Never Give Up by Sue Gibbison

WALT: sequence events in a training session and describe those events.

1. Identify the six main sections of the rugby teams practice.
2. Label them in order in the title section on the grid below.
3. Describe what happens in each of these sections in your own words.
4. Create a small illustration for each section. Keep them simple BUT relevant to each title. Use

Sections	What this means.	Illustration
1. Warm up	To warm up the heart rate to play a sports game or do some activity.	
2.		
3.		
4.		
5.		
6.		