

England Women beat New Zealand by a record-breaking score of 43-12.

Click the image below to watch the highlights before answering the questions given on this page.

Discuss the **relative importance*** of the following training methods for a rugby player:

- Continuous Training
- Fartlek Training
- Weight Training

***Relative Importance** means that you must compare these Training Methods and decide which one is the most important to a rugby player



A rugby coach has asked their players to attend Spinning Classes during the off-season in order to stay fit.

Discuss the advantages and disadvantages of this fitness class for rugby players.

Extension Task

Women's Rugby is becoming more and more popular in the UK. There has been an increase in both participation, as well as the number of people watching the sport.

Who is responsible for this increase in popularity?