



France Grand Slam Champions

France became Grand Slam winners of the Six Nations following a 25-13 victory over England in the final game of their campaign.

'Rugby requires a number of components of fitness but 'Power' is by far the most important.'

Give arguments for and against this statement.



'Rugby is a sport that requires mainly anaerobic respiration'.

Give arguments for and against this statement.



Extension activity - England only won two matches during the Six Nations. You have been set the goal of improving the morale and confidence of the England team. Outline 3 strategies that you will put in place to achieve this goal.