



The Six Nations got underway this week with victories for Scotland, Ireland and France

The immediate effects of exercise refer to what happens to the body during exercise.

Explain the immediate effects of exercise on a rugby player?



The long-term effects of exercise refer to what happens to the body following weeks and months of training/exercise.

Explain the long-term effects of exercise on a rugby player?

The Six Nations is one of the oldest sporting competitions in history with the first format taking place in 1883. How do you think the sport of rugby looked in 1883? Consider the following:

**Rules. Crowd. Pay. Organisation. Skill. Scoring. Travel.**