

England gained revenge for their World Cup Final defeat by beating South Africa 26-25 at Twickenham

Diet

How should the diet of a rugby player differ to the diet of a typical person?

What types of food would a rugby player take on in the hours before a match?

What types of food would a rugby player take on in the hours after a match?



Skill

Describe two gross skills and two fine skills that are used in the sport of rugby.

Evaluate whether the sport of rugby is made up of more open or closed skills.

Information Processing

Selective Attention refers to ‘filtering out irrelevant information from the display’.

A rugby player is lining up a kick at goal. How can they use selective attention to in order to maximise their chance of success?