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<td>Colour in Lochie</td>
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1. Find out the colours of Scotland’s new home shirt and colour in Lochie the Scotland team mascot
Rugby Anthems

Music – using materials, techniques, skills and media

At international rugby matches, it is the custom for the national anthems of both teams to be played and sung before the kick-off.

Scotland does not have an official anthem, but before rugby matches, it has now become custom for “Flower of Scotland” to be played and sung as Scotland’s anthem.

1. Learn the words of “Flower of Scotland”. There are 3 verses, but normally only the first and third are sung

2. Sing “Flower of Scotland” as a class or group

3. Can you split your class into 2 or 3 groups and sing the first verse as a round? (i.e. staggering the start of the song)

4. Pick 4 instruments that might be used to play the anthems in the stadium? Which ones do you think would sound the best?

   • Trumpet
   • Recorder
   • Drums
   • Violin
   • Trombone
   • Piano
   • Xylophone
   • Saxophone
   • Guitar
   • Bagpipes
   • Cymbals
   • French Horn
   • Clarinet
O flower of Scotland
When will we see your like again
That fought and died for
Your wee bit hill and glen
And stood against him
Proud Edward's army
And sent him homeward
Tae think again

The hills are bare now
And autumn leaves lie thick and still
O'er land that is lost now
Which those so dearly held
And stood against him
Proud Edward's army
And sent him homeward
Tae think again

Those days are passed now
And in the past they must remain
But we can still rise now
And be the nation again
That stood against him
Proud Edward's army
And sent him homeward
Tae think again
Wordsearch

See if you can find these rugby related words

• Try
• Referee
• Scrumhalf
• Lineout
• Ball
• Tackle
• Win
• Forward
• Pass
• Hooker
• Run
• Halftime

• Prop
• Dropgoal
• Captain
• Gumshield
• Season
• Ticket
• Fans
• Conversion
• Boots
• Teamwork
• Player
• Back
Rugby Players' Diet - Healthy and Safe Living

International rugby players use a lot of energy whilst playing games and in the hard training sessions which are needed to reach international level. The energy has to be replaced by eating the right foods.

Here is what a typical rugby player might eat during the day (remember that they use a lot more energy up training and in matches!):

<table>
<thead>
<tr>
<th>Meal</th>
<th>Foods</th>
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</table>
| Breakfast | Porridge with honey and mixed fresh fruit  
|     | Poached eggs on toast                                                |
| Lunch  | Roast chicken, cous cous salad, asparagus and noodles               |
| Snack  | Tuna and salad wrap, cherries, oatcakes and soft cheese             |
| Dinner | Salmon fillet, baked potato, green beans, mixed salad               |
| Drinks | Milk and water                                                       |

1. Compare your typical daily diet to a professional rugby player. You could keep a food diary for a day – include all of your meals, snacks, drinks and treats.
2. Can you name some foods that belong to the following food groups?
   - Protein
   - Carbohydrates
   - Fruit & vegetables

**Rugby Fitness - Health and Wellbeing**

International rugby players need to be very fit to play the game at the top level. They have to train very hard in all types of fitness, every day of the week.

There are five types of fitness activities:
   - Strength
   - Speed
   - Skill
   - Stamina
   - Suppleness

3. Keep a record or diary of all the sports activities you take part in for one week and write in what type of fitness is needed for that activity. For example:

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>Sunday</td>
<td>Mini rugby - speed, skill</td>
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Leadership · Enjoyment · Achievement · Engagement · Respect
Bill McLaren, the famous BBC rugby commentator, always prepared detailed notes before he commentated at a rugby match, these were known as Bill’s Big Sheets. He would try to find out about the players, how to pronounce their names, some interesting facts about them and whether the teams had played each other before. He was also an unbiased commentator meaning that he never took sides while commentating on a match.

You can find commentary on TV programmes, on the radio (BBC 5 Live or TalkSport), on the red button (BBC TV) and online. Many sporting events use live commentary to describe what is going on – particularly for people who can’t watch live or see the pictures.

Can you:

1. Keep up with some of Bill’s famous commentary in the Bill McLaren Press Gallery
2. Gather information to start preparing your own Big Sheet
3. Listen to other commentaries and discuss what they did well or how to improve them
Problem Solving - Scoring points in rugby

In rugby the scoring is made up of points. There are four ways to score points:

<table>
<thead>
<tr>
<th>Area</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Try</td>
<td>5</td>
</tr>
<tr>
<td>Conversion</td>
<td>2</td>
</tr>
<tr>
<td>Penalty</td>
<td>3</td>
</tr>
<tr>
<td>Drop goal</td>
<td>3</td>
</tr>
</tbody>
</table>

Look at the diagram below and then answer the questions:

try = T, conversion = C, penalty = P, drop goal = DG

It is half-time. This diagram shows where Scotland scored their points.

1. What was the total number of points scored from tries at the end of the first half?
2. What was the total number of points scored from penalties at the end of the first half?
3. What was the total number of points scored by the end of the first half?
To Work Together As A Team

1. Which is the symbol of Scottish Rugby?

- ♠ Rose
- ♣ Shamrock
- ♥ Daffodil
- ♦ Thistle

2. Which teams play every year for the Six Nations Championship?
   Tick the correct answer below and find them on the map

- England
- Spain
- Germany
- Italy
- Wales

- Belgium
- Ireland
- France
- Sweden
- Scotland
To Work Together As A Team

4. The Calcutta Cup is a rugby union trophy awarded to the winner of the annual Six Nations Championship match between England and Scotland. Here in BT Murrayfield you can see a replica of it.

What animal can you see on the top of the lid?

5. Draw your personal Stadium: using the five senses (sight, hearing, taste, smell and touch) draw the Rugby Stadium through your personal experience.
To Work Together As A Team

6. What did you think about your visit?

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What did you like the most? Why?

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What did you enjoy the least? Why?

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Tips and Advice:

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