



Education activity — ‘Fit for the game’



This photograph shows Steve Menzies of the Manly – Warringah Sea Eagles during a match against the Cronulla Sharks in 2006.

Photograph courtesy Colin Whelan Action Photographics

Steve Menzies has the build and physique that is required to play professional rugby league. Here are some activities for your students that relate to the physical fitness required in the game.

- Professional rugby league players require specific fitness and body types, e.g. strength, aerobic capacity, speed, endurance and agility. Have your students design a range of training schedules that would assist someone in becoming a professional rugby league player.
- Rugby league is a very physical game that can result in injuries to players. Students are to research the sorts of injuries suffered by rugby league players. A suitable resource is <http://www.injuryupdate.com.au/>. Have students compile their findings into lists that set out the type of injuries, how they occur, treatments for them, ways of preventing them and any long-term effects from them.
- Students are to compare the body types of rugby league players to those of other professional sportspeople. They should then set out a list of similarities and differences and analyse the aspects of rugby league and other sports that cause these similarities and differences.

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