



Rugby Redzone

ISBN 978-1-78849-141-9
eBook ISBN 978-1-78849-160-0

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Teaching Guide

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RATIONALE & THEMES

The sequel to *Sports Academy 1: Football Fiesta* sees the Atlantis Academy pupils – who are coached using the most advanced techniques – join forces with the pupils of Rockall Academy as they prepare for a junior 7s rugby tournament in Japan.

In this book the students travel through the inhospitable waters of the Arctic in the submarine island, Atlantis Academy, and deal with a saboteur in their midst.

Facing a relentless opponent in the final, it is not until the last moment that the principle of fair play and sportsmanship prevails.

The themes explored are:

- Friendship
- Success
- Loyalty
- Elitism
- Sportsmanship
- Fair play
- Determination
- Conservation

SUMMARY

The students of Atlantis are surprised to learn that they are to join forces with the pupils of Rockall Academy to enter the Junior 7s World Championships in Japan.

Limited accommodation space on Atlantis means that the students from both schools will have to share bedrooms, where they will begin the process of getting to know each other.

As they travel through Arctic waters, the pupils face several dangers, including an encounter with polar bears.

During the trip they develop the skills they need, benefitting from some unorthodox training ideas.

Shadowed by rivals anxious to learn their secrets, the submarine island survives a saboteur's attempt to disable it. When the identity of the saboteur is revealed a story of kidnap and coercion is uncovered and the

team unite behind the saboteur to support her.

The tournament offers the opportunity to apply their training and when they win through to the final, they must rely on fair play against an opponent that is determined to win by any means.

Approach:

This entertaining story offers many opportunities for the class to examine the value of sport and the quest for success.

The themes will help to develop class discussion supporting some of the themes presented in the PSHE/PDMU programmes.

This guide has divided the story into three sections and the activities offer suggestions on developing the themes.

Section 1 Atlantis & Rockall Pages 7 - 91

SUMMARY

When Coach Kelly reveals the details of their next project – to compete in the rugby 7s world cup – Academy head teacher, Luce, announces that they will host five more pupils from Rockall Academy to join them in the project.

The preparations begin. When the Atlanteans reach Rockall they are unimpressed by its spartan conditions; they pick up their extra team students and return to Atlantis.

When they have sorted the accommodation arrangements, Luce introduces them to the project plan and the unusual training régime that is the hallmark of Atlantis.

The Rockall students are amazed by the level of provision on Atlantis and both groups begin to gel as a team, sharing ideas and impressions.

Intense rugby-skill development continues as they navigate underwater towards Spitzbergen to rendezvous with Professor

Odd Olsen, a world expert in speed skating. Adapting to the cold weather and a different culinary culture proves challenging for some of them, while polar bears prove a danger for everyone.

Arriving in the little town of Longyearbyen, they find it deserted and receive a gruff reception at the town hall. However, when Calvin, their escort introduces himself, the welcome warms immediately and they are treated like long lost friends.

Professor Olsen arrives as a blizzard blows in and they are forced to spend the night in the town hall planning to travel to his training facility in the morning by snowmobile.

As they settle down for the night, Kim's curiosity is alerted when she notices Rakel, one of the Rockall students secretly making feverish notes about something.

The training day is a success and when Kim notices Rakel making more notes, she decides to check what she has written; however, she is interrupted before she can read the notebook.

On the second day their training is interrupted when several polar bears appear and they must take shelter immediately.

DISCUSSION POINTS

- (**Read p7**): The students at Atlantis Academy lack skill, but have great determination. Which of these is the more important for an athlete to have, skill or determination? How do they help to develop sporting ability?
- (**Read p35**): Sofia explains that their food all comes from the sea. Some people prefer a meat diet while others, like vegans, eat a plant-based diet. Which of the three – fish, meat or plant-based – is the best both for ourselves and the planet?
- (**Read p37**): When the sleeping arrangements are changed to accommodate the Rockall students, the girls accept the changes more easily. Are

girls generally more willing to share and accept change more gracefully?

- (**Read p85**): Kim is convinced that Rakel's behaviour is suspicious and decides to look through her notebook. Is she right? Is she respecting Rakel's privacy? Is it ever right to go through someone's private belongings?

ACTIVITIES

1. Potential (*Read P13*)

All the students at Atlantis have been selected because of their potential to become great athletes.

How was this potential recognized?

The Atlantis scouts were given a detailed list of attributes to look for with examples of how to recognize each of them.

In groups identify the first three things on the list that they were looking for and include the examples.

2. Japan (*Read pp14-15 & 18*)

Luce explains that the students will participate in a rugby tournament in Japan and then gives them a leaflet with all the information they might need to know about the country.

What type of information did it contain?

In groups make a copy of the leaflet.

3. Room Share (*Read p20*)

The students are unhappy that they have to room share with the Rockall students.

If **YOU** had to room share, what sort of room-mate would **YOU** make?

Make a list of three advantages and three disadvantages that someone would have sharing a room with you. You can add illustrations.

4. The Fish (*Read p26*)

The O'Brien Press thought that they might use some illustrations to add excitement to the story. Create an illustration for the fish that Joe saw through the viewing window.

5. A.M.A.P.R.R. (*Read pp29-30*)

The Atlantis students are fascinated when they step out of the R.I.B.s (**Rigid Inflatable Boats**) onto the Marine Academy at Rockall.

They are met by the warden who is wearing sea green overalls with a huge academy crest. Kim decides to make a copy of it later.

Create the copy she made.

6. 'We are ...' (*Read pp7-34*)

When they meet for the first time, the Rockall students introduce themselves individually and give a brief description of

who they are, a little information about their country and explain why they volunteered for the project.

The Atlantis students reply with a little information about themselves and Atlantis.

In groups create this introductory conversation.

7. It's Foreign (*Read pp46-47*)

Magnus explains that the Icelandic language does not contain any foreign words. English, however, contains many foreign words that we use every day.

Make a list of the ten most unusual foreign words that are used in English and use clear language to explain what they mean.

Can you discover the most common English word found in other languages?

wikipedia.org/wiki/Category:Lists_of_English_words_of_foreign_origin

8. Pressure (*Read p54*)

Magnus explains that he has tried to leave Rockall Academy twice, but each time they used emotional pressure to force him to stay. Sometimes we all face this type of pressure to change our minds.

Make a list of three things that he could do or say that would help him to resist the pressure.

yourlifecounts.org/learning-center/peer-pressure/20-ways-to-avoid-peer-pressure/

9 Yum (*Read p74*)

The watchman has baked some Kanelboller for breakfast. It is a local delicacy and it is delicious.

Choose something from your local area that you enjoy eating and create an illustrated recipe chart to explain how it is prepared. Add a description of the taste to encourage someone to try it.

Section 2 Spies Pages 92 - 179

SUMMARY

Kalvin orders everyone to remain calm as he ushers them safely indoors before the polar bears reach them.

The behaviour of the bears is unusual and when Professor Olsen discovers that the rugby balls have been smeared with seal blubber, they realize that they have been sabotaged.

Unable to disperse the bears, they are forced to spend the night in the barn with the bears prowling outside. Over the evening

Kim becomes certain that Rakel has been sending secret messages.

Woken at 4am, the group distract the bears with food from the freezer and try to escape.

Scrambling onto the snowmobiles, their hearts pounding, they are able to make their escape while the bears are occupied with the food.

Arriving back safely to Longyearbyen, they discover that a bear cub has stowed aboard one of the snowmobiles and Calvin is forced to make the dangerous journey to return it to the pack.

When Kim asks Magnus if the Rockall students are allowed to have mobile phones, Rakel appears startled and later quietly drops her phone over the side of the dinghy as they return to Atlantis.

Luce informs them that course has been set for Japan and as they are sailing through Arctic waters to the North of Russia they will remain submerged.

After confiding in Magnus about her suspicions, Kim searches Rakel's room and finds her notebook. Unable to read the Faroese, the diagrams of the submarine convince her that it is suspicious.

When the captain announces an unscheduled stop for repairs at the Russian island of Novaya Zemlya, Kim gets the opportunity to share her concerns with Luce.

The island is a military base and they are all interviewed by the secret police.

Volunteering to be interviewed first, Rakel takes the opportunity to pass on her notebook and so removes any evidence of what she was doing.

Luce reveals to Kim that the reason for the stop was sabotage.

Their training continues and the draw for their pool reveals their challenge is France, Australia and Russia.

When Professor Kossuth, their most eccentric coach, arrives on the same flight as the spares they need to repair the submarine, they revise their tactics and prepare to leave.

Eavesdropping on Rakel's distressed call to her mum, Kim prevents her trying to injure herself and a story of coercion and kidnapping by Russian agents who are trying to force her to spy for them unfolds.

Luce takes control and as they set course for their next destination, a strong friendship bond develops between Rakel and Kim.

DISCUSSION POINTS

- (**Read pp97-98**): The group are cowering in the barn, trapped by the polar bears. They have guns and ammunition. Why

don't they shoot the bears? Where does the line between safety and conservation lie? Is it sensible to put their own safety at risk to avoid killing the bears?

- **(Read pp106-107):** The bear cub has stowed away on the snowmobile and Jess wants to keep him as a pet. Is it right to keep animals as pets? Should they only live as nature intended? Is it cruel to keep animals in zoos and circuses?
- **(Read p136):** The story paints the Russian team in a very negative light. Is this a reasonable attitude? Why do we need someone to blame or to be afraid of? How do these feelings of fear and suspicions shape the way we think about other people?
- **(Read pp146-147):** Every country involved in the tournament is eager for success. Why is sporting success a source of national pride? Huge amounts of money have been spent to make sure that the medal count is as high as possible at the Olympics. Is this fair to the thousands of others who play sport at a different level? How could the government's sport spending be made fairer?
- **(Read p164):** The students suspect that wealthy people are trying to sabotage the Atlantis team. Does money encourage professional sport? Has professional sport had a bad effect on sport, encouraging people to think that winning is the most important thing about taking part in any game?

ACTIVITIES

1. Black Humour (Read pp97-98)

Jess uses black humour to try to help lighten the mood. If Luce had allowed the conversation to continue with similar ridiculous statements, who would have spoken next and what might they have said? Continue the conversation using black humour to add another five exchanges.

2. Hello Mum (Read pp106-107)

The polar bear cub has been returned to his mum and he has an incredible story to tell her about whizzing through the snow on a snowmobile and meeting the humans.

Use your imagination to create the story he told his mum about his adventure.

Write the description from the cub's point of view. What did he hear, see, think and do?

3. Ship's Log (Read pp92-113)

Luce has to write a report on the polar bear incident for the ship's log. Her report must be very brief, less than 100 words and needs to identify the danger they faced, whether

it could have been avoided, was anyone to blame, and how could it be prevented in the future.

Write her report.

4. Belushya Guba (Read p141)

Kim scoffs at the quality of the tour guides in the hotel reception. They do very little to encourage anyone to visit the town.

In groups, make a copy of the existing tour guide and then use your imagination to create a really exciting guide that people will find hard to resist.

You may have to use a lot of imagination to identify things that people would be excited to visit.

5. Eye Talk (Read p144)

Rakel and Kim lock eyes and stare at each other for several seconds.

During this contact, they each had a conversation in their own heads without any words being spoken aloud.

Use your imagination to create the conversation that their eyes had with each other? You can add an illustration.

6. Rubbish (Read p153-154)

Jess is upset that the polar bears have to scavenge for food in the rubbish dump and realizes that human rubbish and global warming is responsible.

Kim suggest that they create a poster to share what they have seen and post it on the Atlantis Facebook homepage to raise awareness about what is happening.

Help them to create the Facebook page.

nationalgeographic.com/news/2018/02/polar-bears-starve-melting-sea-ice-global-warming-study-beaufort-sea-environment/polarbearsinternational.org/climate-change/

7. Listening (Read pp169-170)

Rakel and Kim spend time talking and Kim's listening seems to help Rakel.

What skills are needed to be a good listener. Draw an illustration of a good listener and list five qualities that they must have.

Explain why each of them is important.

8. Sport (Read pp171-172)

Ferdia is impressed by the Atlantis library while Kim confesses that because they have so much sport homework to do, she rarely uses it.

Choose a sport that is completely unknown to you and research and create a fact sheet for it that will encourage someone who has never seen it before to consider playing it.

9. Date Line (Read p178)

Luce explains that they will surface close to the International Date Line, where you can walk easily from today into either yesterday or tomorrow in a few steps.

If you could walk from today to either yesterday or tomorrow, which would you choose and what would you do there?

Write a description of your trip.

Section 3 Rugby 7s Pages 180 - 270

SUMMARY

Joining the film crew in the helicopter, Kim and Luce spot a spy on the ice trying to film Atlantis. When they land and tell the others, Magnus and Craig step on to the ice, chase him and retrieve the camera.

Luce takes the precaution of boarding the submarine immediately and continuing their journey.

Reassuring the team, their training continues and Kim reports that Rakel is recovering from her ordeal.

Reaching Yokohama, disaster strikes when Rakel is given a phone by a mysterious man – showing a photograph of her mum tied up and in distress.

Luce reassures Rakel that the authorities will do their best to find her mum; the team go on to complete their final training.

Atlantis and the team are a media sensation and television crews follow them everywhere.

With no further contact from the kidnappers, Rakel decides to compete and they begin their pool matches.

The matches are played to a tight schedule and unexpected wins over France and Australia assure their quarter-final place before their final pool match against Russia.

Before the Russia match Rakel receives another distressing image and Luce decides to withdraw her for the match which they lose in a very bruising game where Kim suspects that some of the Russian team are age-ineligible.

Rakel recalls a detail from the photo of her mum that could help locate where she is being held. Luce tries in vain to contact the Faroese police until Magnus calls his dad who is a friend of the Prime Minister to help.

When Jess is injured during the quarter final against Ireland, Rakel takes to the field and they secure a comfortable win.

Exploring the stadium after the match, Rakel

and Kim spot the man who gave her the phone talking to one of the Russian coaches and they tell Luce who informs the Japanese police.

Their semi-final match ends level, however because of the scoring system they are through to the final against Russia.

Rallying the team to face the huge challenge, Kim prepares to lead them out when Luce rushes into the room and hands Raket a phone. Her mum has been released and amid tears of celebration Raket signals that she will resume her position on the team.

Drama marks the start of the final when the Japanese police, who have been investigating the Russian team, haul off the two props for being over age. Despite protests, the match resumes and Atlantis, remembering all their training lift the trophy.

During the celebrations, Magnus surprises gives his medal to a young wheelchair-user who had been cheering them all day.

The joint Atlantis / Rockall project now finished, they prepare to return to their academies when Luce announces that Atlantis Academy has bought Rockall. Rockall will be renovated and two scholarships have been created for the Rockall students to study at Atlantis.

DISCUSSION POINTS

- (**Read p186**): Kelly is anxious to know who in the group is able to work together well. What particular skills are needed to work successfully in a team? Which attributes prevent people working together? Are your strengths as a team player or an individual?
- (**Read p204**): After training, there is a great demand for autographs. What is the point of an autograph or a selfie? Why do people want to be associated with strangers in this way? Is this a healthy thing to do?
- (**Read p232**): Craig is dismayed to learn that the Atlantis Academy team will meet Ireland in the quarter final. He feels disloyal, but Magnus reminds him that his loyalty is now to the team. We all belong to many groups and feel loyal to them. Which loyalties should be most important? What does it mean to be loyal to a group?
- (**Read pp247-248 & 251**): The team manages to rattle the All-Blacks. What does this mean and why is it a danger for a team? How can it happen and how can it be prevented? Why is it more difficult to play well if you are behind?
- (**Read p256**): 'Serious sport has nothing to do with fair play. It is bound up with

hatred, jealousy, boastfulness, disregard of all rules and pleasure in witnessing violence. In other words, it is war minus the shooting.' This comment was made by George Orwell after to a visit by a Moscow Dynamo team to the UK caused great ill feeling. Is Orwell right? Does sport really cause resentment and ill feeling because people want to see their opponents defeated. What does this say about the people who watch sport?

ACTIVITIES

1. Tackled (**Read p183**)

The television crew have continued to film as Magnus and Craig tackle the Russian spy and bring back the camera.

They intend to broadcast a 30-second edit of the video on the evening news but need a script to explain what is happening.

Write the script for them.

2. Yokohama (**Read pp193-194**)

As they leave the hotel, Kim takes a card and a tourist leaflet which gives information on must-see attractions in Yokohama along with information on the city.

Make a copy of the leaflet.

timetravelturtle.com/things-to-do-in-yokohama-japan/
japan-guide.com/e/e2156.html

3. Atlantis/Rockall (**Read pp200 & 211**)

They have struggled to find a powerful name for their team, one that gives credit to both academies. Luce has now decided on a badge for their kit.

Their name, badge and kit will all be revealed in a press release before their first match.

Create the illustrated press release and include a brief commentary to explain who they are and how they were created.

4. Speed and Balance (**Read p203**)

The Professor has created an exercise to develop their speed and balance. However, he needs another activity to prevent the team from being bored.

Create an exercise that will help the team to develop their speed and balance.

Create an activity for him with an illustrated description of what to do.

You can trial the activity in your own P.E. lesson.

www.softstarshoes.com/live-bare-blog/2015/06/23/top-10-balance-games-for-kids-of-all-ages/

5. Matches (**Read p208**)

There are four teams in each pool, four pools and the top two teams in each pool go through to the quarter final knockout stages.

The television company need to calculate how many matches the winners will have played by the time they lift the trophy and also how many matches in total will be played.

Calculate both figures. Don't forget the playoffs for the plate.

6. The Media (**Read p227**)

Luce has given Kim a little coaching to answer media questions, however a media interview can be a difficult experience and she needs more help.

In groups, prepare five questions and model answers for her.

7. Hello. This is the PM (**Read p238**)

Magnus rings his dad to ask for help. His dad rings the Prime Minister and the PM immediately rings the police station.

What did he say to them? Did he lose his temper or was he calm?

Make a copy of the conversation they had. You can perform it for the class.

8. I Was Right (**Read p265**)

Professors Olsen and Kossuth have been invited to the final and are watching the match.

Both recognize the tricks and strategies the team are using.

The author thought it might be a good idea to include a short paragraph describing their reactions

Remember that they are both very colourful and eccentric characters.

Write the paragraph.

9. Spirit of Sport (**Read p267**)

A newspaper reporter for the *Tokyo Times* has been looking for a good news story that shows the true spirit of sport when he sees Magnus give his medal to the Japanese fan.

He thinks it is an excellent example of sportsmanship and decides to use it for his story.

Write his headline and story. Did he interview anyone for his story?