



# Identifying Qualities of a Hero / Heroine

GET INTO  
**RUGBY**  
SCHOOLS

Do you have a Rugby hero or heroine?



# What makes a Rugby hero / heroine?

- Is winning a match, medal or World Cup enough to make a Rugby player a hero / heroine?
- Which of these words below best describe characteristics of a hero / heroine?

Knowing how to cheat	Having a fair play attitude	Being brave
Taking drugs	Being good looking	Copying others whatever the cost
Having a disability	Being famous	Training a lot
Respecting others	Winning	Knowing the right decisions
Super powers	Helping someone in need	Speaking up when something is wrong



# A hero / heroine is ...

A **hero** (masculine) or **heroine** (feminine) refers to characters who, in the face of danger and adversity or from a position of weakness, display courage and the will for self-sacrifice – that is, heroism—for some greater good of all humanity. Source: <http://en.wikipedia.org/wiki/Hero>

Heroes are people who transform care and compassion into heroic action.

Source: <http://raproject.org/blog/entry/what-really-is-a-hero-anyway>



# A hero stands up for others

A hero is as an individual or group of people that take action on behalf of others in need, or in defense of integrity or a moral cause.

Each and every day around us, there are those who need a hero:  
If a child is being bullied at school — or even an adult being bullied at the workplace — they need a hero.

If someone has had too much to drink and they are about to drive, they — and everyone that their driving may impact — need a hero.

If someone is being sexually "hit on" and has not given consent, they need a hero.

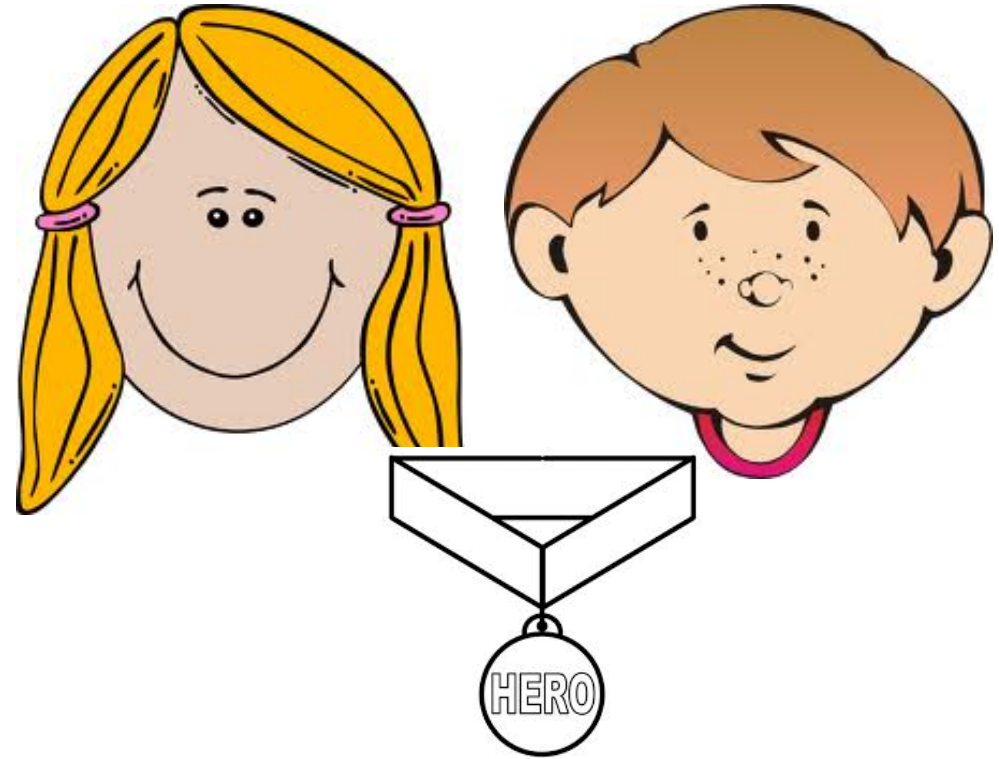
If an inappropriate or offensive comment is spoken, those impacted need a hero.

Adapted from: <http://raproject.org/blog/entry/what-really-is-a-hero-anyway>



# Could you be a hero?

- Do you stand up for others?
- What are your values?
- What are your strengths?
- What are some of your achievements?
- Have you faced any challenges?
- How might someone describe you?



# Former Wallaby Captain David Pocock – Hero?



Full name	David Pocock
Date of birth	23 April 1988 (age 26)
Place of birth	Gweru, Zimbabwe
Height	1.84 m (6 ft 0 in)
Weight	104 kg (16 st 5 lb)
School	Anglican Church Grammar School (Churchie)
Notable relative(s)	Steve Pocock and Mike Pocock
Rugby union career	
Current status	
Position(s)	Openside Flanker
current team	Brumbies
Playing career	
Position	Openside Flanker
Super Rugby	
Years	Club / team    Caps (points)
2006–12	Force    69    (40)
2013 –	Brumbies    5    (0)
Current local club	Uni-North Owls Rugby Union Club
correct as of 3 June 2014.	
National team(s)	
Years	Club / team    Caps (points)
2008 – present	<span><span></span></span> Australia    45    (20)
correct as of 22 April 2013.	

## Giving back to society

❑ David and a friend (Luke O’Keefe) run a not-for-profit organisation “Eightytwo Vision” which aims to help the less fortunate people of Zimbabwe.

❑ David is Australian Rugby Union’s representative in the “You Can Play” anti-homophobia campaign – an issue dear to his heart.

## Interesting facts

❑ In between the Force’s UK tour and the Wallabies 2008 Spring Tour he climbed Mt Kilimanjaro (the tallest mountain in Africa) with one of his friends, Morgan Clarke.

❑ David’s Rugby career and personal life has taken a blow with him needing two knee reconstructions in 2013 and 2014 following injuries on the field.

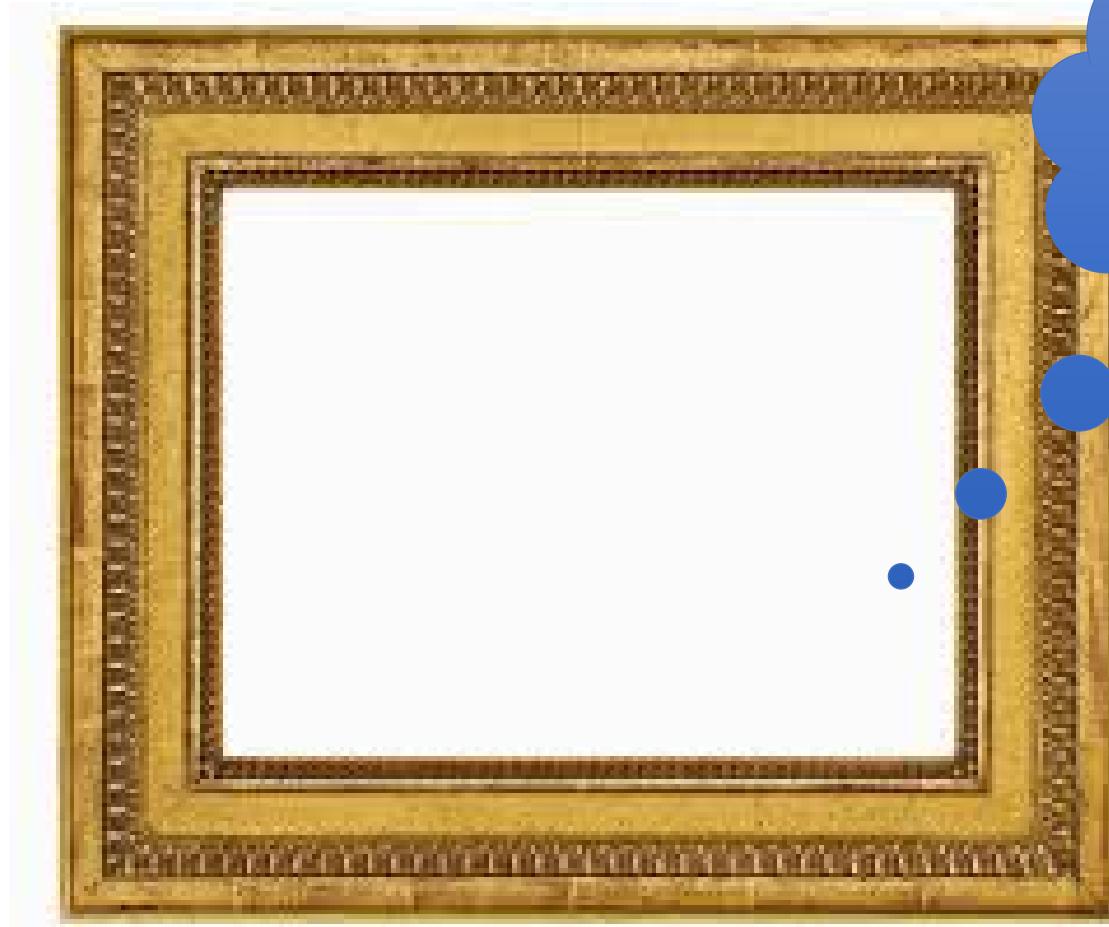
Source: [http://en.wikipedia.org/wiki/David\\_Pocock\\_\(rugby\\_union\)](http://en.wikipedia.org/wiki/David_Pocock_(rugby_union))

# Who is one of your heroes / heroines?

Who is someone you admire,  
respect and look up to?

What has this person done to  
be your hero?

What might be something  
they would want to say to  
you?





# Could these Rugby players be heroes or heroines?



1. What is their particular story?
2. Do they possess excellent sporting skills?
3. What is/was their attitude during their career?
4. What values do you think they represent?


**Find out about these Rugby heroes and heroines in the next series of PowerPoint presentations.**

# Worksheet fun

Try Time

## Fill in the gaps – A hero / heroine is .....

Tell Wally all about heroes and heroines by filling in the gaps in the paragraph below with words from the box.










bullied	ordinary	hero	care	behalf	action
firefighters	police	lifesavers	courage	woman	

- A \_\_\_\_\_ refers to a boy or man.
- A heroine refers to a girl or \_\_\_\_\_.
- Heroes / heroines display \_\_\_\_\_.
- Some examples of heroes / heroines include \_\_\_\_\_.
- Heroes / heroines can also be \_\_\_\_\_ people.
- Heroism is when a hero / heroine takes action on \_\_\_\_\_ of others in need.
- Heroes / heroines are people who use their \_\_\_\_\_ and compassion to perform a heroic \_\_\_\_\_.
- Everyone needs a hero including a child being \_\_\_\_\_ at school.

Lower Primary

## Mix and Match – Rugby Heroes and Heroines


Match the Rugby players on the left with their heroic actions on the right!

Rugby players		Heroic actions
	<input type="radio"/>	<input type="radio"/> Captained Women's Rugby Sevens Team; Helped get Rugby back in the Olympics; Female representative on the IRB Committee
	<input type="radio"/>	<input type="radio"/> Former Wallaby Captain with one of the highest number of Wallaby caps to his name. Founded an organisation to support kids with epilepsy.
	<input type="radio"/>	<input type="radio"/> First Australian Indigenous brothers to represent the Wallabies and at the same time.
	<input type="radio"/>	<input type="radio"/> Australian Women's Rugby Sevens Captain. Dedicated professional. Very supportive of up and coming juniors.
	<input type="radio"/>	<input type="radio"/> Former Wallaby and World War 2 hero. Compassionate doctor helping hundreds of Australians in prisoner of war camps.
	<input type="radio"/>	<input type="radio"/> One of the most exciting emerging female Rugby Sevens stars. Hard work and dedication saw her win the IRB Women's Sevens Player of the Year.
	<input type="radio"/>	<input type="radio"/> Former Wallaby Captain. Amazing leadership qualities and was part of two Rugby World Cup winning teams. Dedicates his post-Rugby career to supporting others.

Middle Primary

## Rugby Hero / Heroine Word Find

Can you find and circle all the Rugby heroes and heroines from the box below in the puzzle above? Letters can be circled more than once and the words can go across, down, backwards or diagonally.



Wally Dunlop	Emilee Cherry
John Eales	Sharri Williams
George Gregan	Rebecca Tavo
Israel Folau	Cheryl Soon
Ella Brothers	Lloyd McDermott

D	K	X	N	A	G	E	R	O	E	O	R	O	E	O
S	I	T	E	M	I	L	Y	C	H	E	R	R	Y	W
M	S	T	R	E	B	E	C	C	A	T	A	V	O	E
A	R	O	I	L	N	E	T	E	J	A	R	C	E	A
I	A	M	L	O	O	C	H	R	N	Z	O	H	S	R
L	E	R	L	D	O	D	F	A	I	A	O	A	D	Y
L	L	E	I	R	S	T	C	H	F	H	C	E	R	D
I	F	D	W	A	L	S	E	C	F	P	S	L	A	U
W	O	C	I	U	Y	C	I	V	D	A	K	D	W	N
I	L	M	N	G	R	A	C	R	G	N	I	O	A	L
N	A	D	R	H	E	R	O	T	E	C	T	G	V	O
R	U	Y	A	T	H	E	M	N	O	R	I	S	N	P
A	D	O	H	E	C	S	E	L	A	E	N	H	O	J
H	A	L	S	R	E	H	T	O	R	B	A	L	L	E
S	T	L	T	M	E	D	I	C	A	L	X	O	C	R

Do you have other Rugby or sporting heroes / heroines? Make up a word find or crossword about these heroes also!

Upper Primary

## Assessment ideas: Lower Primary

Develop a class “Our heroes and heroines” wall.

Draw a picture of someone (sporting or other) who is your hero / heroine.

Write words or sentences about your hero/heroine around the drawing.

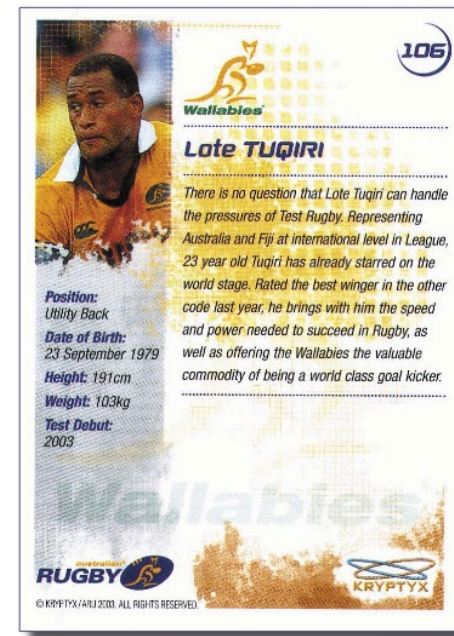


# Assessment ideas: Middle Primary

Design a collector card about a Rugby player – female or male – who you feel demonstrates the qualities of a hero.

The front of the card could include the player in action.

The back of the card could include details (including heroic behaviour) about the player.





## Assessment ideas: Upper Primary

Choose and research a current or former female or male Rugby player who you feel demonstrates the qualities of a hero / heroine.

Write a short essay stating your opinion and proving why they are a hero/heroine.

