



FOUNDATION

PRIMARY

STARS

*BLUEBIRDS FROM HOME SCHOOLS
FESTIVAL*



ABOUT THIS FESTIVAL

Welcome to Cardiff City FC Foundation's #BluebirdsFromHome Schools Festival.

Cardiff City FC Foundation is the official charity of Cardiff City FC and our goal is to support children, young people and families achieve their full potential.

This pack has been designed for your child to experience fun engaging educational lessons across three curriculum areas including having an opportunity to compete against Cardiff City First team and Cardiff City FC Women's team players in physical activity challenges.

Monday through to Thursday have been broken down into three parts, one well-being lesson, one either in literacy or numeracy lesson and a physical activity challenge. These lessons and activities have been created to help support your child to be active and boost their development and learning.

Friday has been reserved for a fun filled day of physical activities as a lot of children will be missing out on taking part in Sports Day. There are six rounds of activities with an option of two activities per round. These activities have been designed to require little of no equipment, but any equipment required should be items you can find around the house.

A breakdown of the week can be found at the bottom of the page. We'd love to see your child and family taking part so please share your experiences throughout the week by posting your child's progress on social media tagging @CCFC_Foundation, using the hashtag #BluebirdsFromHome.

Please find an introduction from Cardiff City FC First team Captain Sean Morrison on the link below, good luck and have fun!!

<https://vimeo.com/427448476>

	Monday	Numeracy lesson Well-being lesson Physical activity challenge
	Tuesday	Literacy lesson Well-being lesson Physical activity challenge
	Wednesday	Numeracy lesson Well-being lesson Physical activity challenge
	Thursday	Literacy lesson Well-being lesson Physical activity challenge
	Friday	Sports Day

MONDAY



NUMERACY – SEQUENCES

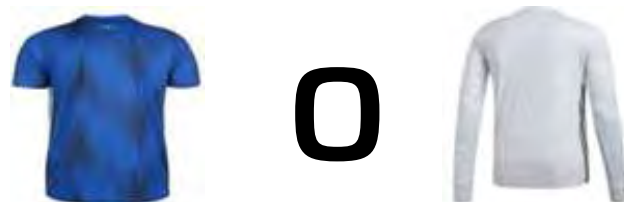
L.O. To recognise the pattern and complete the following sequences.

Below are a number of patterns. Can you spot the pattern and complete the sequences?

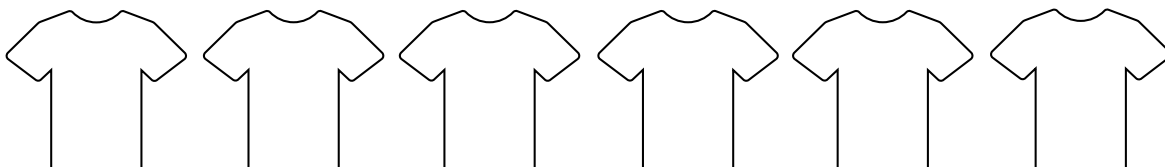
Pattern 1



What comes next? Circle the shirt you think comes next



Colour in the shirts below to show the completed pattern.



NUMERACY – SEQUENCES

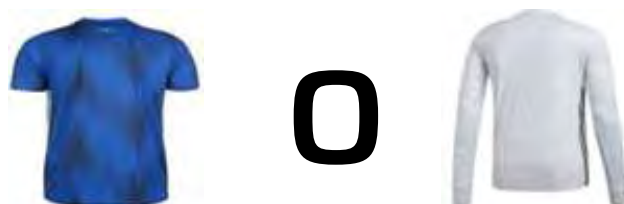
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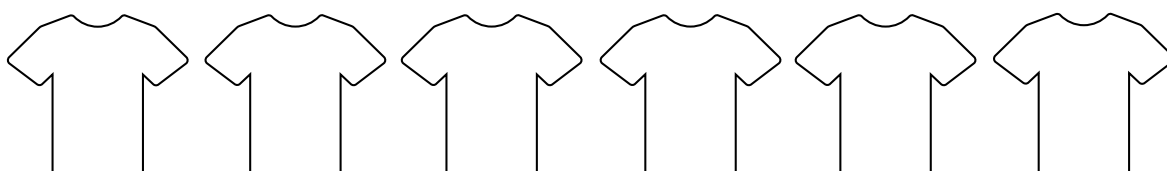
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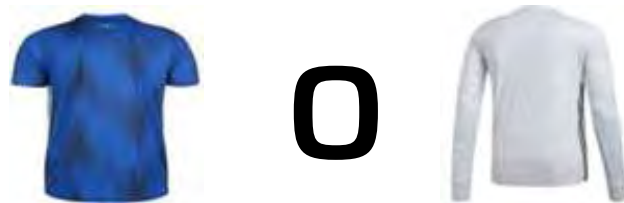
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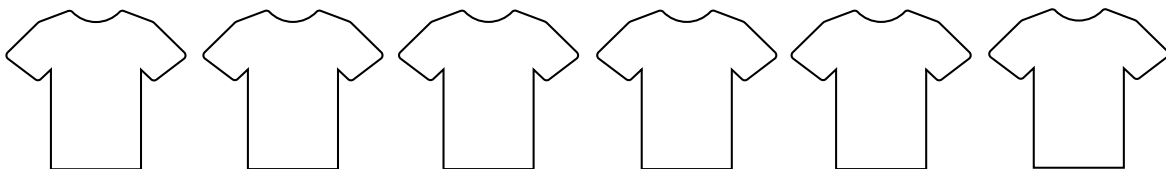
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HOW WELL DO YOU THINK YOU DID TODAY?

Colour in or circle the emoji that describes how well you think you did.

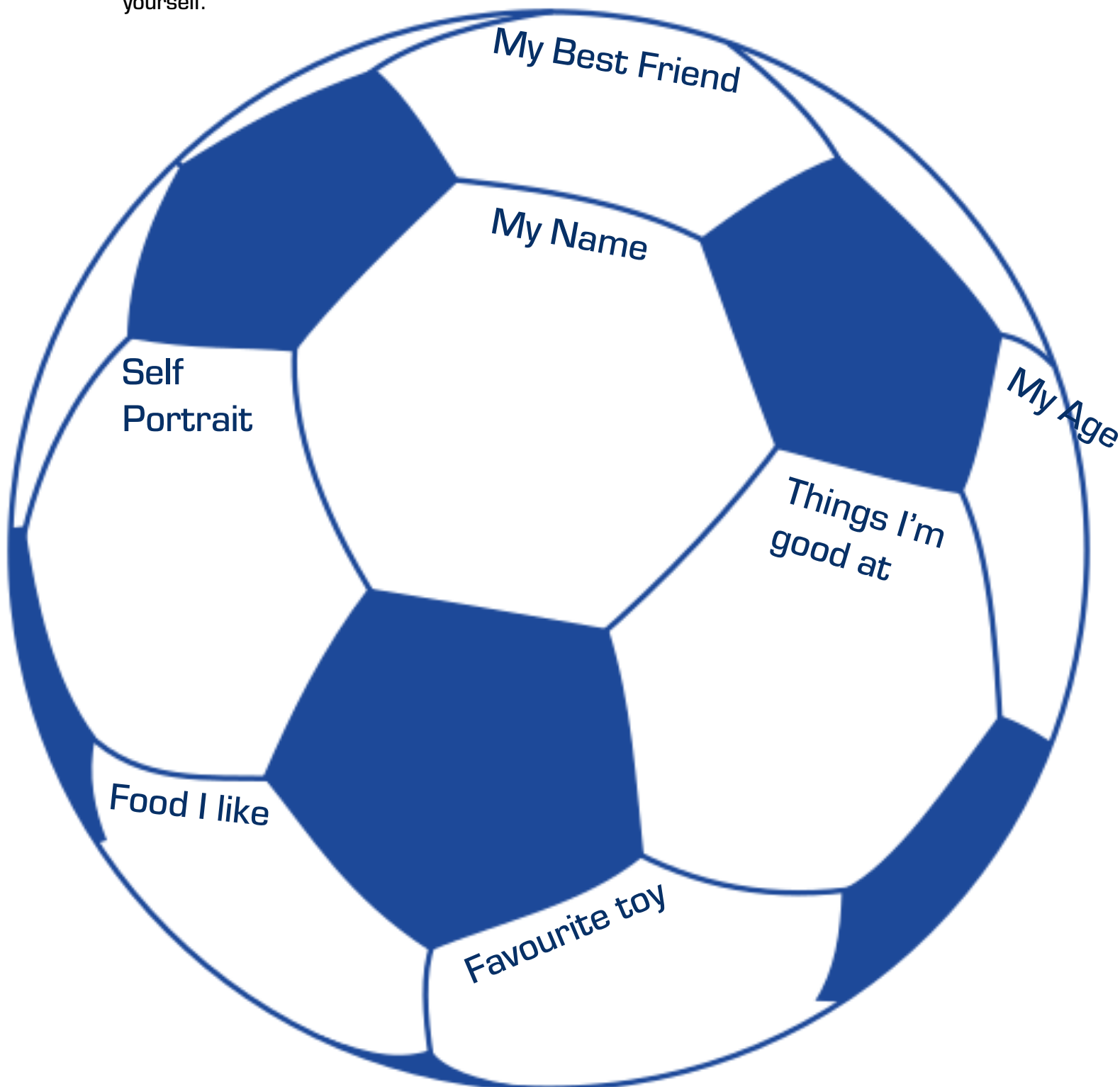




PSHE – ABOUT ME

L.O. To share some information about yourself.

In this activity you will need to write down or talk to your parent / guardian about yourself.



HOW WELL DO YOU THINK YOU DID TODAY?

Colour in or circle the emoji that describes how well you think you did.





PLAYER CHALLENGE

For today's challenge you will need:

- A stopwatch or a family member who can count 60 seconds (1 minute)

You must try to complete as many star jumps as possible in one minute.

How to do a star jump:

- Stand with your legs together and arms by your side
- Jump off both feet and swing your arms above your head
- Land with your feet wider than your shoulder width and arms above your head
- Jump and land with your feet together and swing your arms down by your side



See how many Cardiff City FC Foundation Coach Ben completed on the link below:

<https://vimeo.com/427818287>

Can you beat her score?

What was your score?

Can you try again and beat your first attempt?

HOW WELL DO YOU THINK YOU DID TODAY?

Colour in or circle the emoji that describes how well you think you did.





FOUNDATION

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#OurClubChangesLives #BluebirdsCharity #CityAsOne