



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 or 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

TUESDAY



LITERACY – FIND THE WORD

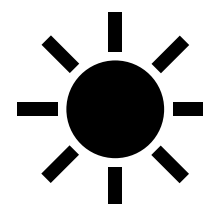
Learning Objective: Match the word with the correct image and use these words in a sentence.

Draw a line from the word to the correct image.

ball



cup



sun



LITERACY – FIND THE WORD

Word Bank

he she play won the hot
fun can with is in day on

Try to write a sentence with the word **ball/cup /sun** in it.

Try to write a sentence with the word **ball / cup / sun** in it.

HOW WELL DO YOU THINK YOU DID TODAY?

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

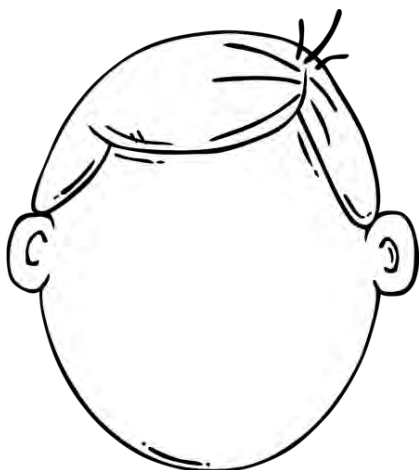




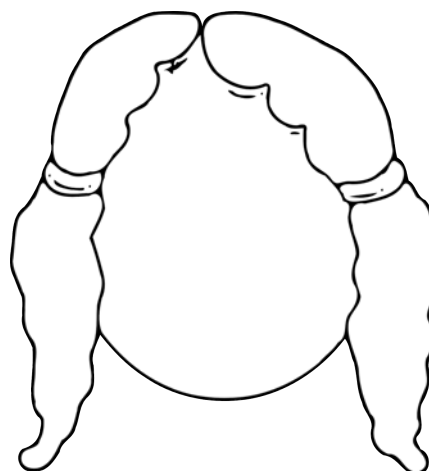
PSHE – MY FEELINGS

Learning Objective: To understand the different emotions you can have and the reason you feel a certain way.

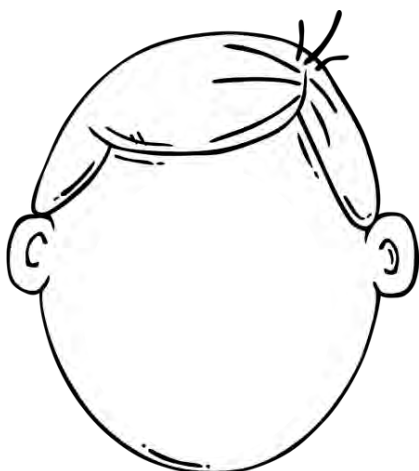
In this activity you will need to draw a face for each of the emotions and give your parent/guardian an example of when you may feel like this.



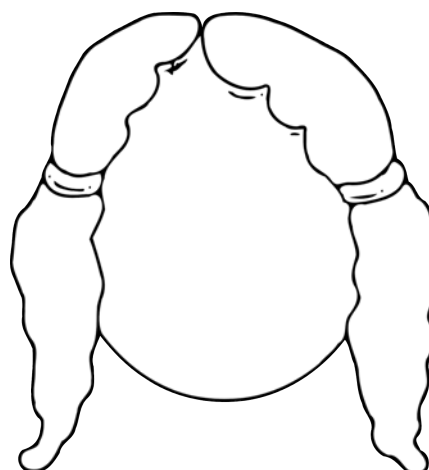
I am happy.



I am excited.



I am angry.



I am sad.

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 hops on one leg as possible in one minute.

How to do a hop:

- Stand with your feet hip-width apart and your arms hanging by your sides.
- Raise one leg and stand just on your one leg
- Raise your arms by your side for balance
- Push off your standing leg and jump into the air
- Land back onto the leg you pushed off
- Continue jumping and landing on your leg



See how many Cardiff City FC player Curtis Nelson completed the link below:

<https://vimeo.com/427437557>

Can you beat his 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