



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

WEDNESDAY



NUMERACY – SCOREBOARD

L.O. To count how many goals are scored for each team.

Below is a timeline from a few Cardiff City FC games this season. Can you count the goals (footballs) and write how many each team score?

Key



- Goal

HT - Half Time

00 - Minutes Played



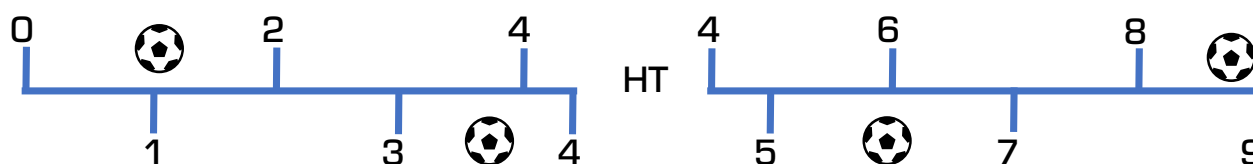
Cardiff City FC

Goals

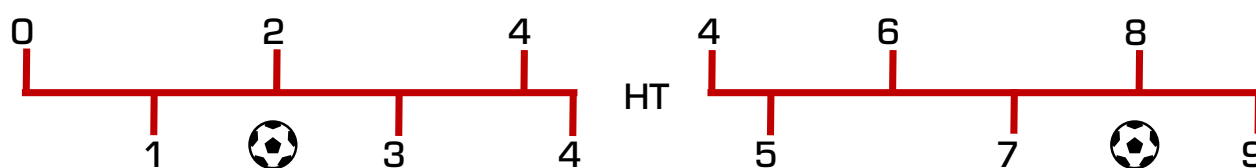
Goals

Bristol City FC

Cardiff City FC Goals



Bristol City FC Goals



NUMERACY – SCOREBOARD

L.O. To count how many goals have been scored by each team.

Below is a timeline from a Cardiff City FC game this season. Can you count the goals (footballs) and write how many each team score?

<u>Key</u>	 - Goal	HT - Half Time	00 - Minutes Played
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Cardiff City FC

Goals

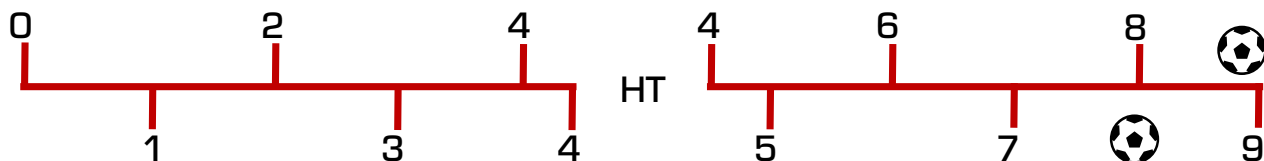
Goals

Leeds United

Cardiff City FC Goals



Leeds United Goals



NUMERACY – SCOREBOARD

L.O. To count how many goals have been scored by each team.

Below is a timeline from a Cardiff City FC game this season. Can you count the goals (footballs) and write how many each team score?

Key	 - Goal	HT - Half Time	00 – Minutes Played
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Cardiff City FC

Goals

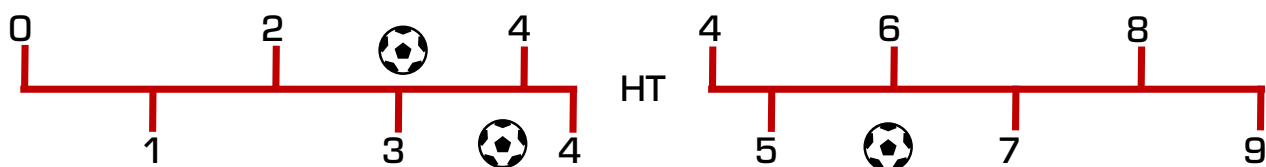
Derby County FC

Goals

Cardiff City FC Goals



Derby County FC Goals



HOW WELL DO YOU THINK YOU DID TODAY?

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







PSHE – MY FRIENDS & FAMILY

L.O. To describe the people that you look up to.

In this activity you will need to write the name of a person that you look up to and colour in the words (bricks) that describes them. This will help you build your 'Wall of Positivity'.

	Wall of Positivity				Name:
	Happy	Smart	Honest	Sweet	
Caring	Friendly	Funny	Brave	Calm	
	Loving	Kind	Nice	Helpful	

	Wall of Positivity				Name:
	Happy	Smart	Honest	Sweet	
Caring	Friendly	Funny	Brave	Calm	
	Loving	Kind	Nice	Helpful	

Now, it is time to create your own wall. Write in any words you can think of and some of the ones that have been already used. Don't forget, it is a 'Wall of Positivity' so positive words only.

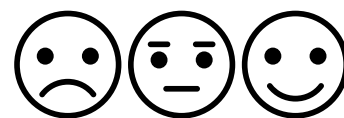


Wall of Positivity

Name:

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)
- A football, or another type of ball

You must try to complete as bounces as possible in one minute.

How to do a bounce:

- Hold the ball in your hands in front of you
- Raise your arms and push the ball down towards the floor and let go of the ball
- As the ball bounces back up catch it with two hands
- Repeat



See how many Cardiff City FC Women's player Hannah Daley completed on the link below:

<https://vimeo.com/427441239>

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