



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

THURSDAY



LITERACY – FINISH THE SENTENCE

L.O. To read/listen to the sentence and fill in the gaps.

Below are a number of sentences. Can you add in the word that fits best?

Football is ____.

run
cup
fun

She won the ____.

run
cup
fun

He can ____.

run
cup
fun

LITERACY – FINISH THE SENTENCE

She likes to ____.

day
play
big

The pitch is very ____.

day
play
big

It was a great ____.

day
play
big

HOW WELL DO YOU THINK YOU DID TODAY?

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





PSHE – MY MOVEMENTS

L.O. To be physically active and try different ways of moving.

In this activity you will need show if you have tried or haven't tried the different ways of moving / travelling by putting a ✓ or ✗ next to the activity.

Use this colour coding system for each activity.

I enjoyed

It was ok

I didn't

		My Movements	Travelling to school
Walk		Cycle	
		Scooter	
		Run	

		My Movements	Animal Actions
Kangaroo Hop		Bunny Hop	
		Frog Leap	
Snake Slither		Elephant Walk	
		Bear Walk	
Crab Walk		Flamingo Hop	
		Duck Waddle	

HOW WELL DO YOU THINK YOU DID TODAY?

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





For today's challenge you will need:

- A stopwatch or a family member who can count 60 seconds (1 minute)
- A football, ball, toilet roll or rolled up pair of socks

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

How to catch the ball:

- Start with the ball in your hands
- Throw the ball into the air
- Move your body so you are in line with the ball
- Keep your hands widespread
- Keep your fingers relaxed
- Reach towards the ball
- Watch the ball into your hands
- Squeeze your fingers around the ball to trap it in your hands
- If this is tricky let the ball bounce before catching it



See how many Cardiff City FC player Neil Etheridge completed on the link below:

<https://vimeo.com/427444501>

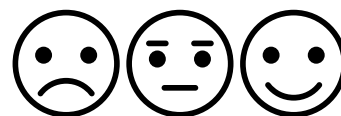
Can you beat his score?

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