



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

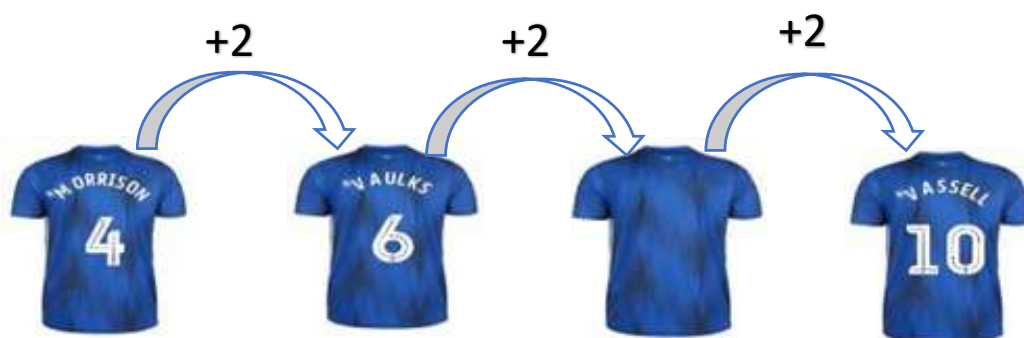


NUMERACY – NUMBER SEQUENCES

L.O. To use the data available and use problem solving skills to find the missing numbers.

Below is a list of players that are in the Cardiff City FC Men's First Team. Some of the numbers and names have fallen off the back of their shirts. It is your role to use your addition and subtraction skills, recognise the pattern and put the number back on the player's shirts.

Example:



What number is missing?

What player wears that number?

What is the pattern?

8
Joe Ralls
+2

Goalkeepers					Midfielders				
No	Name	Value	Att	Def	No	Name	Value	Att	Def
1	Neil Etheridge	£2.7M	34	68	6	Will Vaulks	£1.0M	64	71
12	Alex Smithies	£2.7M	31	68	7	Leandro Bacuna	£2.7M	66	64
					8	Joe Ralls	£3.6M	69	68
Defenders					11	Josh Murphy	£6.3M	88	34
2	Dion Sanderson	£1.2M	44	53	13	Callum Paterson	£3.1M	68	69
3	Joe Bennett	£2.7M	51	72	14	Albert Adomah	£2.2M	70	54
4	Sean Morrison	£4.5M	33	74	15	Marlon Pack	£2.7M	64	67
5	Aden Flint	£4.5M	47	71	19	Nathaniel Mendez-Laing	£2.7M	69	32
16	Curtis Nelson	£1.3M	41	62	20	Gavin Whyte	£1.3M	60	30
18	Greg Cunningham	£1.8M	59	71	33	Junior Hoilett	£3.1M	73	34
21	Jazz Richards	£1.1M	52	68					
22	Sol Bamba	£1.0M	34	76	Forwards				
24	Brad Smith	£1.4M	51	62	9	Robert Glatzel	£3.1M	69	26
					10	Isaac Vassell	£1.0M	63	33
					17	Lee Tomlin	£1.8M	69	37
					23	Danny Ward	£1.3M	68	35

NUMERACY – NUMBER SEQUENCES

Q1.



What number is missing?

What player wears that number?

What is the pattern?

Q2.



What number is missing?

What player wears that number?

What is the pattern?

NUMERACY – NUMBER SEQUENCES

Q3.



What number is missing?

What player wears that number?

What is the pattern?

Q4.



What number is missing?

What player wears that number?

What is the pattern?

NUMERACY – NUMBER SEQUENCES

Q5.



What number is missing?

What player wears that number?

What is the pattern?

Q6.



What number is missing?

What player wears that number?

What is the pattern?

HOW WELL DO YOU THINK YOU DID TODAY?

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





PSHE – WHAT MAKES ME HAPPY

L.O. To think about / identify what can make you happy and what can make you sad.

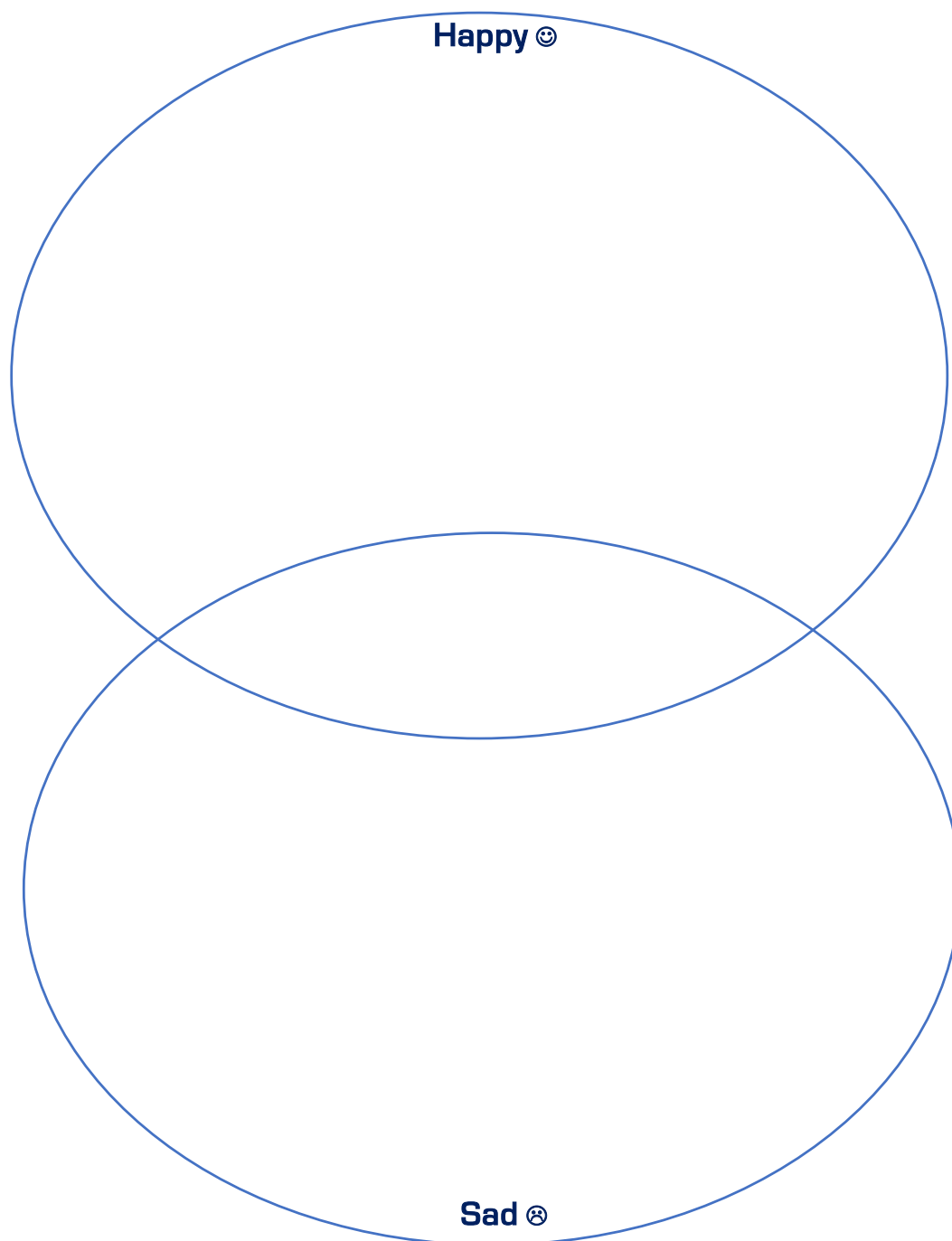
It is really important to understand what makes you feel good about yourself. If you can identify what makes you feel good, then you are one step closer to having good mental health and wellbeing.

In the first box you should write/type your name and in the other boxes you should fill in what makes you feel good. For Example 'a compliment'. These things all link together to create your positive mental health.

Name		
This makes me feel good	This makes me feel good	This makes me feel good
This makes me feel good	This makes me feel good	This makes me feel good

PSHE – WHAT MAKES ME HAPPY

Below is a Venn diagram and you should try to write all things that make you happy in the 'Happy' section and all the things that make you sad in the 'Sad' section. In the middle you should write anything that can make you feel happy sometimes and sad other times.



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 straight 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.





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#OurClubChangesLives #BluebirdsCharity #CityAsOne