



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.

The Friday has been reserved for a fun filled day of physical activities as a lot of children will have missing out on taking part in Sports Day due to the lockdown period. 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

TUESDAY



LITERACY – SPORTS PERSONALITY

L.O. To research and identify key information about two Cardiff City FC players.

Below is a profile of two players that are in the Cardiff City FC Men's First Team. These profiles include lots of information about the professional life of both players. Read the information, pick one player and try to answer the questions below.

			Position	Number
		LEE TOMLIN	MID	17

Lee Marc Tomlin (born 12 January 1989) is an English professional footballer who plays as a striker or as an attacking midfielder for Championship club Cardiff City.

Tomlin was born in Leicester, Leicestershire. He started his career with the youth system of Leicester City in 1996 before joining Rushden & Diamond's youth system in 2005. In October 2005, he became Rushden's youngest ever first-team player, aged 16.

Tomlin continued to improve his ability and performances which led to him playing for lots of different football clubs before ending up at Cardiff City FC. He has played for clubs such as Peterborough, Middlesbrough, Bournemouth, Bristol City before having a chance to play for the mighty Bluebirds, Cardiff City FC. In 2015, Lee Tomlin also won the Football League Championship: Player of the Month award for January.

He has played an important role during some very big games for the clubs he has been apart of. Some of his achievements include, helping Peterborough to the Play-offs in 2011, he had a great performance during Middlesbrough's 2 – 0 victory in the FA Cup against Manchester City in 2015 and he helped Cardiff City finish in second place to gain promotion to the Premier League in 2017-18 season.

Tomlin has been a standout performer during this season, 2019-20, and he has been a keen feature of Neil Harris' team. Tomlin is well known for his great free kicks and his flashy flicks which has led to him scoring 7 times and assisted 7 goals so far. This has earned him a contract extension until the summer of 2022.

LITERACY – SPORTS PERSONALITY

		JUNIOR HOILETT	Position MID	Number 33
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David Wayne "Junior" Hoilett (born 5 June 1990) is a winger for Championship club Cardiff City and the Canadian national team.

Hoilett signed for English club Blackburn Rovers at the age of 13 and he made his first team debut in 2009 against Manchester City. He played for Blackburn for 3 full seasons, where he made 81 appearances and scored 12 goals. His first league goal for the club came in January 2011 against West Bromwich Albion in a 2-0 victory.

Hoilett had been playing well and he had earned respect and praise, this led to him moving to Queens Park Rangers on 27 July 2012 on a 4-year contract. He continued to play well and Hoilett scored 12 goals in 112 appearances for QPR however, he will always be remembered for an assist. One of his achievements is helping QPR to gain promotion back to the Premier League. QPR beat Derby County 1-0 at Wembley, and it was Hoilett's cross that led to the winning goal.

Hoilett signed with Cardiff City on 6th October 2016. Hoilett scored his first goal for Cardiff during a 3-2 victory over Huddersfield Town on 19 November 2016, however, the best was yet to come. Hoilett had a great season with Cardiff City FC in 2017-18, where he scored 12 goals to help the Bluebirds finish in second place and gain promotion to the Premier League. On 30th November, Hoilett scored his first Premier League goal since 2012 and he won BBC Goal of the Month, it was described as a 'fabulous first-time effort from 25 yards'.

Hoilett also plays for the Canadian national team and he has represented Canada 27 times and has scored 9 goals in those 27 appearances. His most impressive game in a Canadian shirt was against Cuba on 7th September 2019 in the CONCACAF Nations League. His team went on to win 6 - 0 and Hoilett scored 3 of those 6 goals, making him the third player ever to score a hat-trick for Canada.

**Sports Personality****Questions**

Personal Details

Name

Sporting Achievements

What age did they start playing? Have they scored or assisted in important games? Etc

Sporting Awards

What awards have they won whilst playing? For example, Promotion medals, "Player of the Year".





LITERACY – SPORTS PERSONALITY

Past Clubs

What clubs / national teams has he played?

Additional Information

What other facts did you discover about the player?

HOW WELL DO YOU THINK YOU DID TODAY?

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





PSHE – S.O.S. LIST

L.O. To identify the people / techniques you can turn to when you think negative and positive thoughts.

It is really important to have a selection of people, in our lives, that we can turn to and talk to when we are both happy or sad. S.O.S., stands for Smiles or Sadness, it is really important you can share both your positive thoughts and feelings as well as your negative thoughts or feelings with people you trust.

Talking and sharing your problems and worries with people is a really great example of having positive mental health. Having someone to trust and to talk to will make you feel a lot better and once you share your worries you will feel 'a weight lifted of your shoulders'.

Think about who you can trust and who you would / could talk to about any problems you may have as well as the happy things in your life. List these people below, for example your teacher.



S.O.S
Smiles Or Sadness

My List

Person 1

Person 2

Person 3

Person 4



PSHE – S.O.S. LIST

If you are not able to talk to the people on your S.O.S list it is still really important to get your thoughts out of your mind. You can do this by creating a 'Worry Jar', this could be an actual jar, pot or box or just via the jar below.

Once you have your jar, you should write down any worries you may have on a bit of paper and put it into your 'Worry Jar'.

Make sure you rip up all your worry jar messages once you stop worrying about them.

My Worry Jar

PSHE – S.O.S. LIST

You can also create a happy jar to share your happy thoughts. In the 'Happy Jar' you should put all your happy thoughts and funny things that you don't want to forget and if you ever feel down or sad you should read all the things in your 'Happy Jar'.

My Happy Jar

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 on the link below:

<https://vimeo.com/427437557>

Can you beat his 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