



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 – PLAYER CARD

L.O. To use your addition and/or subtraction skills to complete and create your own player card.

Rules

You have 10 points to use on each card. You have to allocate these points to the players. Some are already filled in, calculate the amount of points already used and fill in the blanks with the points that are left over.

To calculate the missing rating, you should add all the ratings together and then subtract (take away) the answer from 10. E.g.

$$1 + 6 = 7 \qquad 10 - 7 = 3 \qquad \text{Passing} = 3$$

You could also count up from 7 to 10 which will also give you 3.

Name: Sol Bamba		Position: Centre Back
		
Shooting 1	Passing	Tackling 6

NUMERACY – PLAYER CARD

Name: Kanisha Underdown		Position: Central Midfield	
			
Shooting 2	Passing	Tackling 2	

Calculations

NUMERACY – PLAYER CARD

Name: Callum Paterson		Position: Striker	
			
Shooting	Passing 2	Tackling 3	

Calculations

NUMERACY – PLAYER CARD

You have 10 points to create your own Player Card. Consider what skills you are better at. Make sure the points all add up to 10, no more and no less.

Name:		Position:	
Shooting	Passing	Tackling	

Calculations

HOW WELL DO YOU THINK YOU DID TODAY?

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





PSHE – GOAL SETTING

L.O. To create a visual aid that helps you achieve your school or personal goals through a step-by-step plan.

Goal setting will give you something to focus on and once you've set the goal, write it down. You will want to achieve it even more when you can see it in front of you.

Think back to when you last set a goal and achieved it? Now try set some new ones e.g. passing your spelling test, learning a new dance etc.



My Goals

In School / Outside of School

Goal 1

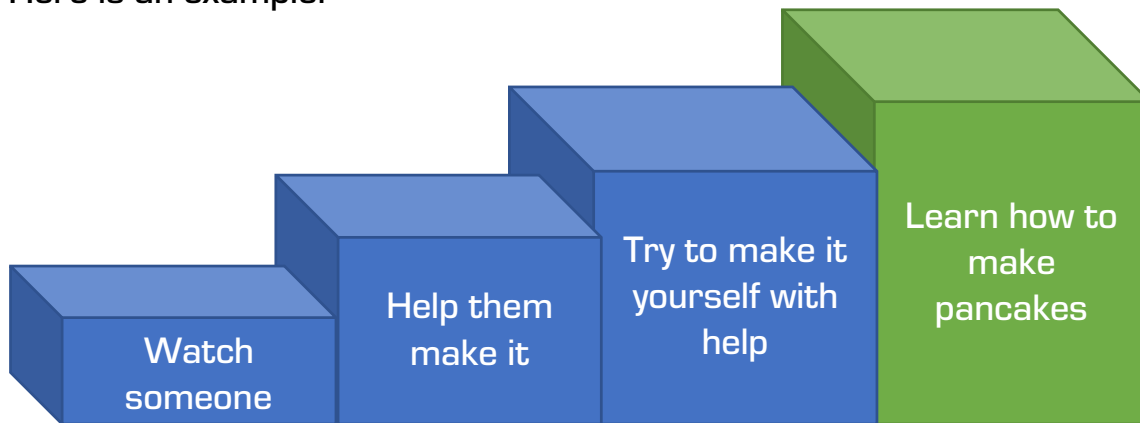
Goal 2

Goal 3

PSHE – GOAL SETTING

Now you have set your goals, it is time you make a plan of how you are going to achieve them. Create a step-by-step guide on how you will achieve each goal. E.g. Learning how to make pancakes

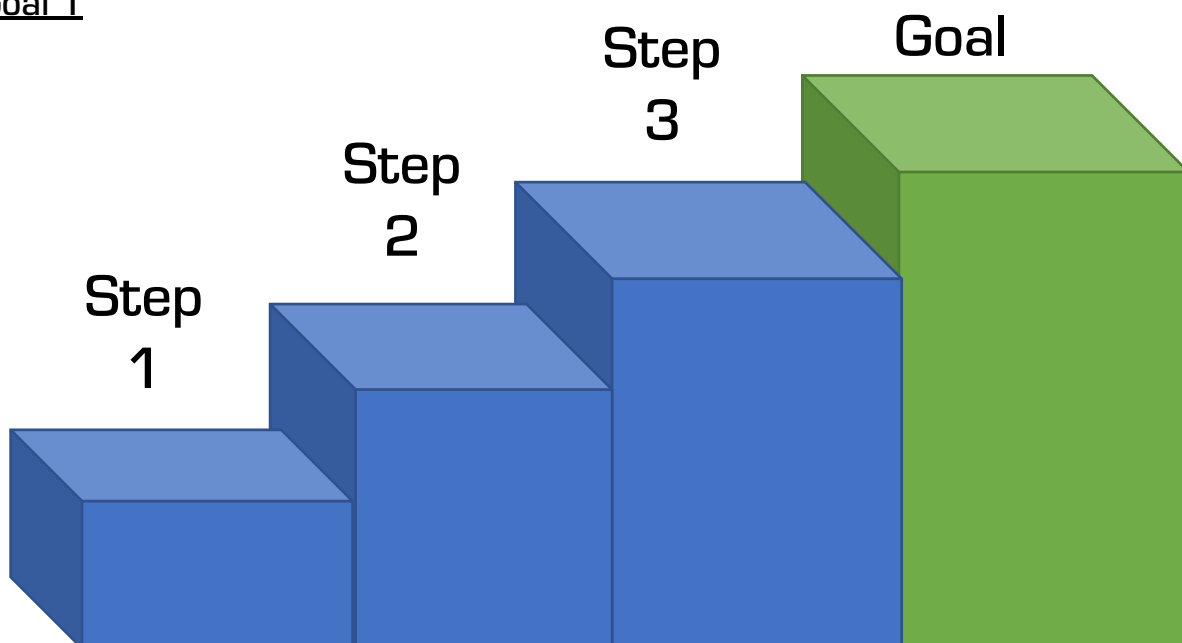
Here is an example:



My Goals

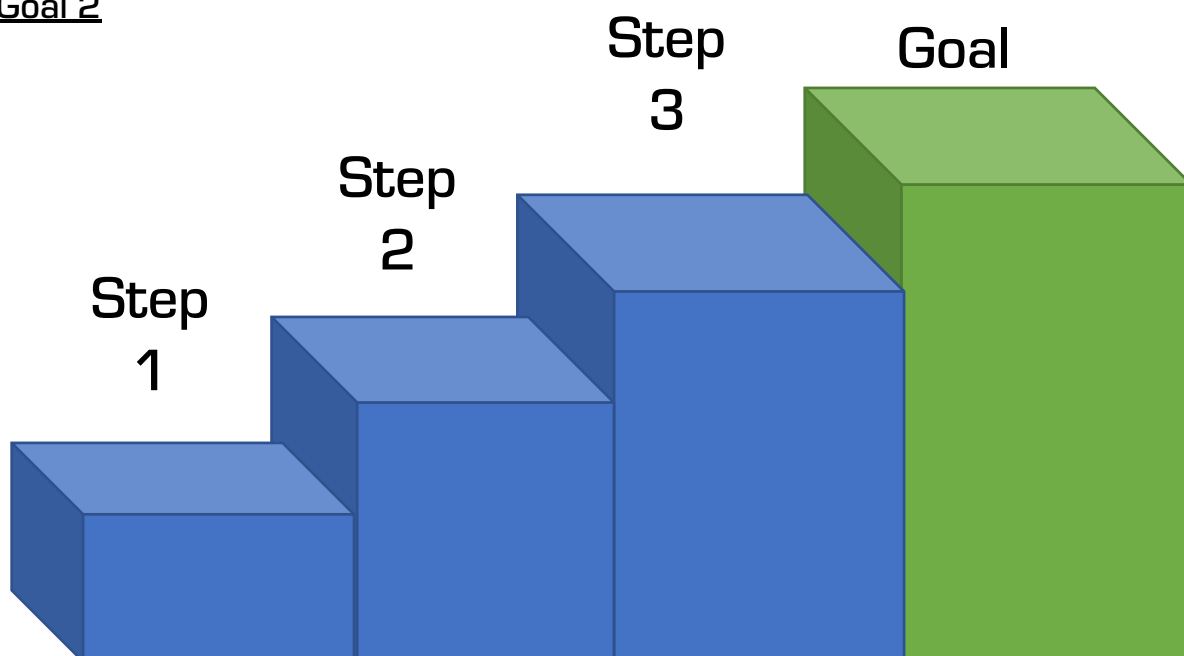
My Plan

Goal 1

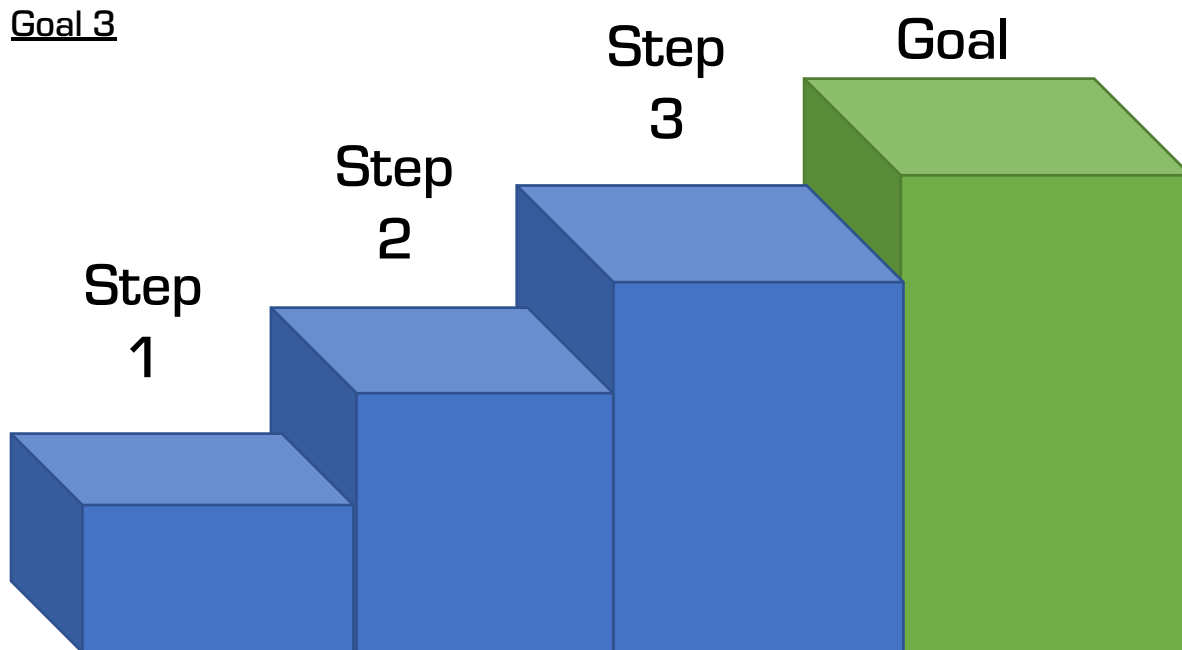


PSHE – GOAL SETTING

Goal 2



Goal 3



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 team player Hannah Daley completed on the link below:

<https://vimeo.com/427441239>

Can you beat her 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