



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/427449042>

	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

FRIDAY



SPORTS DAY

For today's sports day you will need:

- A stopwatch, clock or a family member who can count to 60 seconds (1 minute)
- A piece of paper and pen/pencil to record your scores
- A rolled up pair of clean socks, football or ball
- A bucket, washing basket or container
- A pair of shoes or trainers
- A balloon
- A ping pong ball, scrupled up piece of paper or piece of tin foil.
- A mug or cup

You now have ten minutes to collect as many of the items as possible. Don't worry if you don't have some items as each round has two activities, one will require no equipment.

Tick the items you've collected in the boxes below:

Stopwatch	Clock	Family member	Football or another ball
Piece of paper, Pen or pencil	Mug or cup	Towel	Rolled up pair of clean socks
Bucket, washing basket or container	Balloon	A ping pong ball	Scrupled up piece of paper or tin foil

LONG JUMP

For this activity you will be required to complete a standing long jump.

The aim of this activity is to try and jump as far as possible.

How to complete a standing long jump:

- Stand with your feet together and your arms down by your sides.
- Bend both knees and swing your arms back
- Push off the balls of your feet and swing your arms forward
- Jump as far forward as possible and land on both feet
- Bend your knees on landing
- Place a marker where you land
- Measure the distance you have jumped from your take off using your hand.
- Each hands length is one point

How many points did you get?

OR

BALLOON KEEP UP

For this activity you will need a balloon and a stopwatch, clock or family member to time 60 seconds.

The aim of the activity is to keep the balloon in the air without touching the floor, touching the balloon as many times as possible for 60 seconds (1 minute).

How to complete balloon keep up:

- You will need to hold a balloon in your hands above your head.
- Let go of the balloon
- Use different parts of your body to keep the balloon in the air
- You can't use the same body part twice in a row
- You can't stand in the same spot
- Every time the balloon is touched you receive a point

How many points did you get?

HOW WELL DO YOU THINK YOU DID?

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



HIGH JUMP

For this activity you will require a family member to measure your jump. You must try to complete a standing long jump.

The aim of this activity is to try and jump as high as possible.

- Stand sideways against the wall
- Raise one arm straight above your head
- Bend your knees and push off the balls of both feet
- Jump as high as you can ensure your arm stays against the wall
- Ask your family member to measure how high you have jumped using their hands.
- Each hand is one point

How many points did you get?

OR

SPEED JUMP

For this activity you will need a stopwatch, clock or family member to time 60 seconds.

For this activity you will be required to try to complete as many two-foot jumps over a rolled-up towel as possible in a minute.

The aim of this activity is to try and jump as fast as possible, back and forth over a rolled-up towel.

How to complete a standing long jump:

- Stand with your feet together and your arms hanging by your sides.
- Bend both knees and push off the balls of your both your feet sideways over the towel
- Land on both feet bending your knees to cushion your landing
- Bend your knees on landing
- Push off the balls of both your feet and jump back over the rolled-up towel.
- Time how many jumps you can complete in 60 seconds.
- You receive a point for every jump you complete.

How many points did you get? Can you compete against a family member?

HOW WELL DO YOU THINK YOU DID?

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



TARGET TOSS

For this activity you will need a ball or rolled up pair of socks, bucket, washing basket or container.

The aim of this activity is to try and throw the ball or rolled up socks into the container as many times as possible from 10 attempts.

- Place the container/washing basket/bucket in a position
- Measure out your throwing position by lying down in front of the container, mark your height with a sock.
- Try to throw the ball or rolled up socks underarm into the container
- Bend your knees
- Swing your throwing arm back
- Swing it forward and let go
- You receive a point for every successful attempt.
- Try again with your throwing position being double your height

How many points did you get? Can you compete against a family member?

OR

GATES

For this activity you will need a ball or rolled up pair of socks and pair of trainers.

The aim of this activity is to try and roll the ball or socks through the pair of trainers positioned a forearm width apart as many times as possible from 10 attempts.

- Place the trainers your forearm width apart
- Take 3/4/5 steps back from the trainers
- Aim to roll the ball or socks through the gate made by your trainers
- Bend your knees and take a small step forward
- Swing arm back
- Swing arm forward and release the ball or rolled up socks
- Aim through the gate
- You receive a point for every successful attempt
- Try again by taking another step backwards.

How many points did you get? Can you compete against a family member?

HOW WELL DO YOU THINK YOU DID?

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



STEP UP

For this activity you will require a stopwatch, clock or family member to time 60 seconds.

The aim of this activity is to try and complete as many steps as possible in 60 seconds.

- Stand at the **bottom** of steps or stairs
- Stand with both feet on the floor
- Raise one leg, push off the balls of your feet and step onto the bottom step
- Raise second leg, push off the balls of your feet and step onto the bottom step
- Lower first leg back down onto the floor
- Lower second leg back onto the floor
- This will be classed as one step up
- Repeat
- You will receive a point for every step up

How many points did you get? Can you compete against a family member?

OR

SPEED THROW/CATCH

For this activity you will require a stopwatch, clock or family member to time 60 seconds, ball or rolled up pair of socks.

The aim of this activity is to try and complete as many throws and catches as possible in 60 seconds. This can be completed with a family member or against a wall.

- Stand opposite your family member or the wall
- Swing your arm back
- Swing your arm forward and release the ball or socks to throw
- To catch 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
- You will receive a point for every catch

How many points did you get?

HOW WELL DO YOU THINK YOU DID?

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



BALANCES

For this activity you will be required to complete as many balances as possible using different numbers of body parts, each balance will need to be held for 10 seconds.

Each balance should be held for 10 seconds using different body parts.

- Balance on two different body parts
- Hold for ten seconds
- How many different balances can you create using two different body parts?
- You will get a point for every different balance held for 10 seconds.
- Balance on three different body parts
- How many different balances can you create using three different body parts?
- You will get a point for every different balance held for 10 seconds.
- Balance on four different body parts
- How many different balances can you create using four different body parts?
- You will get a point for every different balance held for 10 seconds.
- Balance on one body parts
- How many different balances can you create using one body parts?
- You will get a point for every different balance held for 10 seconds.

How many points did you get? Can you compete against a family member?

OR

CUP CATCH

For this activity you will require a stopwatch, clock or family member to time 60 seconds, ping pong ball, scrupled up piece of paper or foil and a mug or cup.

The aim of this activity is to try and throw the ping pong ball or scrupled up piece of paper from one hand and catch in the mug or cup in your other hand.

- Swing arm back
- Swing arm forward and release the ball throwing it into the air
- Move your body so you are in line with the ball
- Move your arm with the cup/mug so that the ball lands inside.
- You will receive a point for every successful attempt

How many points did you get? Can you compete against a family member?

HOW WELL DO YOU THINK YOU DID?

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



SIT AND RISE

For this activity you will require a stopwatch, clock or family member to time 60 seconds.

The aim of this activity is to try and stand up from a sitting position on the floor as many times as possible in 60 seconds without putting your hands on the floor.

- Sit down with your legs crossed
- Lean forward and push up through your legs
- Move your arms out to the side to balance as standing up
- Don't put your hands on the floor
- Bend your legs and sit back on the floor with your legs crossed
- How many times can you stand up from a sitting position in 60 seconds?
- You will receive a point for every successful attempt

How many points did you get? Can you compete against a family member?

OR

PLANK

For this activity you will be required to complete a plank position for as long as possible. You will receive a point for every second you can hold the position.

- Place forearms on the floor
- Elbows in line with shoulders
- Arms parallel to your body
- Ground toes into the floor
- Look at spot on the floor
- Head in line with your back
- You will receive a point for every second you can hold the plank position.

How many points did you get? Can you compete against a family member?

HOW WELL DO YOU THINK YOU DID?

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



That's the final whistle for Cardiff City FC Foundation's Bluebirds at Home Festival.

Thank you for taking part in the activities throughout the week, we hope you have enjoyed participating and are looking forward to going back to school.

The Foundation would love to hear yours and your parents' thoughts on how you have found the week including the activities you have enjoyed taking part in the most.

Please complete the short feedback form on the link below, this should take no longer than 5 minutes to complete. Every participant that completes the feedback form will be entered into a draw to win a signed football from the Cardiff City FC First Team players.

https://docs.google.com/forms/d/e/1FAIpQLSf_qap3L5vnd8LNUY52lf8bpdPxYGwy9yhEoXTgygdG2M3Ppg/viewform?usp=sf_link





FOUNDATION

Cardiff City FC Foundation, The Pod, Capital Retail Park,
Leckwith Road, Canton, Cardiff, CF11 8EG

info@cardiffcityfc.org.uk

02920 23 12 12

cardiffcityfcfoundation.org.uk

#OurClubChangesLives #BluebirdsCharity #CityAsOne