



FOUNDATION

# *BLUEBIRDS FROM HOME*

Schools Festival



Welcome to Cardiff City FC Foundation's second Bluebirds from home 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. Additionally, there are opportunities to compete against Cardiff City First team and Women's first team players in physical activity challenges.


Monday to Thursday have been broken down into three parts, one well-being lesson, one either literacy or numeracy lesson and a physical activity challenge. These lessons and activities have been created to 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, these have been designed as a lot of children will have missing out on taking part in sports and physical activities during the current 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!!

A Captain's Welcome: <https://vimeo.com/503427662>

	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

Train with the Bluebirds this February half-term!

Take part in daily football challenges set by some of your favourite Cardiff City FC Men and Women's First-Team Players.

[www.cardiffcityfcfoundation.org.uk/febsoccerschools](http://www.cardiffcityfcfoundation.org.uk/febsoccerschools)

Show us your progress on social media!



@CCFC\_Foundation



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
- Rolled up pair of clean socks, football or ball
- Bucket, washing basket or container
- Pair of shoes or trainers
- A balloon
- A scrupled-up piece of paper or piece of tin foil.
- A spoon

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:

Balloon

Bucket, washing  
basket or  
container

Rolled up pair of  
clean socks

Football or  
another ball

Scrupled up piece  
of paper of tin foil

Piece of paper,  
pen or pencil

Stopwatch

Clock

Family member

Spoon

# SPORTS DAY – ROUND 1

## 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 hanging 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
- Try again taking off your favourite foot, least favourite foot and backwards.

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.

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.





## BOUNCE CHALLENGE

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 bounces as possible in a minute.

The aim of this activity is to try and complete as many bounces as possible.

- Stand with your feet shoulder width apart
- 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
- Push the ball back down in towards the floor
- Each bounce is one point

How many points did you get?

OR

## STAR JUMPS

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 star jumps in a minute.

How to complete a standing long 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 feet wider than your shoulders width and arms above your head.
- Jump and land with your feet together and swing your arms down by your side.

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

## BURPEES

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 burpees as you can.

- Stand with your feet hip-width apart and your arms hanging by your sides.
- Drive your hips back (like you are about to sit on a chair), bend your knees, and lower your body into a (nearly) full squat.
- Plant your hands on the floor, right in front of your feet and shift your weight onto your hands.
- Hop your feet back to softly land on the balls of your feet in a plank position.
- Do one push-up.
- Hop your feet back up to your hands and shift your weight onto your feet.
- Stand up while reaching your arms over your head and then jump up into the air.
- Land softly and immediately start the movement again from the beginning.

How many burpees did you do? 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.



## SPORTS DAY – ROUND 4

### PRESS UPS

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 press ups as possible in 60 seconds.

- Get down on all fours
- Place your hands slightly wider than your shoulders
- Straighten your arms and legs
- Lower your body until your chest nearly touches the floor
- Pause, then push yourself back up
- Repeat
- Start on your knees if too difficult

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

OR

### CATCHES

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 catches as possible in 60 seconds. This can be completed with a family member or against a wall.

- 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

How many catches did you get?

***HOW WELL DO YOU THINK YOU DID?***

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





## T-BALANCE

For this activity you will require a stopwatch, clock or family member to time how long you complete a T-balance.

For this activity you will be required to complete a T balance for as long as possible.

- Stand with feet together
- Lean to one side
- Lift the leg on the opposite side
- Try to get your leg and body horizontal as possible.
- Hold the balance for as long as possible
- Try again leaning to the other side.

How long were you able to balance for? Can you compete against a family member?

OR

## BALL BALANCE

For this activity you will require a stopwatch, clock or family member to time how long you are able to balance the ball or rolled up socks on your foot for.

The aim of this activity is to balance a ball or rolled up pair of socks on the end of your foot for as long as possible.

- Stand with feet together
- Hold your arms out to balance
- Lift one leg up a few inches from the floor
- Place ball or rolled up pair of socks on the end of your foot
- Try to keep the ball or socks balanced for as long as possible

How long were you able to balance the ball or socks for? 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.



## EGG AND SPOON

For this activity you will require a spoon, scrupled up piece of paper or tinfoil.

The aim of this activity is to try and take as many steps as possible whilst balancing the paper or tinfoil on the spoon.

- Stand with feet should width apart
- Hold the spoon in one hand with your arm straight
- Put the scrupled piece of paper or tin foil on the spoon
- Take as many steps as possible around the house whilst balancing with the spoon

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

OR

## HAND WALKOUTS

For this activity you will require a stopwatch, clock or family member to time how many hand walkouts you can complete in one minute.

- Start in a standing position
- Put your hands on the ground in front of your toes
- Gradually walk your hands forward past the press up position as far as you can stretch
- Slowly walk them back to the standing position
- Repeat

How many hand walkouts did you do? 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.



# THANK YOU

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 Full Cardiff City Kit and a PE kit for their school.

<https://forms.gle/maKmFbAfpve2bQry5>











# FOUNDATION

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

**[info@cardiffcityfc.org.uk](mailto:info@cardiffcityfc.org.uk)**  
**02920 23 12 12**

**[cardiffcityfcfoundation.org.uk](http://cardiffcityfcfoundation.org.uk)**  
**#OurClubChangesLives #BluebirdsCharity #CityAsOne**