CARDIFF CITY FC FOUNDATION

PRIMARY STARS

BLUEBIRDS FROM HOME SCHOOLS FESTIVAL

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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

THURSDAY

sky bet
EFL
adidas
VISIT
MALAYSIA

VISIT
MALAYSIA
LEV8
32Red

LITERACY – MATCH REPORT

L.O. To expand and use your wide vocabulary to recreate / complete the match report.

Below, is a match report for Cardiff City's match against Birmingham City. We would like you to try to rewrite it by changing some of the words but keeping the key information the same. For example, you could change a few adjectives and input 'Wow' words and you could also add description.

If you have internet access and would like to watch highlights of the match please click on the link.

https://www.youtube.com/watch?v=ebU3RBidxik

Cardiff City FC	4	2	Birmingham City FC

Cardiff City returned to winning ways on Saturday afternoon, defeating Birmingham City 4-2 at Cardiff City Stadium.

Cardiff City's starting line-up included defender Curtis Nelson, who was making his first league start for the Bluebirds.

Birmingham City scored first through Kristian Pedersen, who took advantage of a loose ball near Cardiff City's goal to put Birmingham one nil ahead in the third minute.

Dan Crowley had Blues' next big chance, when his shot hit the post with 15 minutes played.

Shortly afterwards, Neil Etheridge pulled off a great save to deny the visitors from extending their lead, tipping a shot from the edge of the area high over the bar.

Danny Ward had City's first chance of the game. Nathaniel Mendez-Laing worked well with Joe Ralls from a short corner, before crossing low into Birmingham City's area. Ward was inside the six-yard box, but his flicked shot trailed just wide.

City's efforts to find an equaliser paid off on the thirty-minute mark as the Bluebirds were awarded a penalty kick. Aden Flint's shirt had been pulled in the area, Joe Ralls stepped up and send Lee Camp the wrong way, drawing City level.

Nelson put City ahead less than ten minutes later, as the defender scored from close range. Aden Flint's header was pushed away by Camp, leaving Nelson to shoot from two yards out.

With his first shot blocked, the defender managed to score on his second attempt, and sent the ball rocketing into the top of Birmingham City's net.

Junior Hoilett nearly extended City's lead moments later. The winger was fed the ball by Mendez-Laing on the edge of the area, his curled shot tipped away by the fingertips of Camp.

Danny Ward was sent off in the 52nd minute for a dangerous tackle, leaving the Bluebirds a man down as they tried their best to protect their lead.

Birmingham City used their extra player to press the Bluebirds hard throughout the remainder of the game.

Joe Ralls bagged his second goal with 20 minutes remaining, doubling City's lead to the delight of the home crowds. Mendez-Laing made a terrific run down the right flank before cutting in towards the visitors' area. Laying the ball off to Ralls, the midfielder planted his effort in the left-hand side of the net with his left foot.

Ivan Šunjić scored in the 89th minute with a long range shot that flew past the grasp of Etheridge, placing pressure once again on the hosts.

City struck back in the fifth minute of injury time, however, as Joe Ralls secured his hat-trick with his second penalty kick. Sending Camp the wrong way once again, the midfielder ran towards the USW Stand to celebrate in front of the ecstatic City fans.

With the final whistle blown, the Bluebirds had come back from conceding an early goal to take all three points at CCS, returning to winning ways as they continue their 2019/20 Sky Bet Championship campaign.

FINAL SCORE: CARDIFF CITY 4-2 BIRMINGHAM CITY

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LITERACY – MATCH REPORT

Now it's your turn, can you try and write a better match report by adding more description and 'Wow' words?

Cardiff City FC	4	2	Birmingham City FC

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LITERACY – MATCH REPORT

LITERACY – MATCH REPORT

HOW WELL DO YOU THINK YOU DID TODAY?

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

sky bet
CHAMPIONSHIP
EFL
adidas
VISIT
MALAYSIA

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PSHE – ROLE MODELS

L.O. To show an understanding of what is meant by 'positive role models'.

True role models are those who possess the qualities that we would like to have and those who have affected us in a way that makes us want to be better people.

In a short version, a role model is:

A person who possess qualities that affect us to be better people.

Below are a number of role models that are recognised worldwide, alongside their picture is a description of why they are seen as role models. Read the information and pick a 5 a side team out of the 6 role models, based on their ability as role models.

LEBRON JAMES Profession: Basketball Player (LA Lakers.)

Lebron has also built a school to support unprivileged families in America (I Promise School). He offers pupils free uniform and supports parents in giving the pupils different opportunities.

EMMA WATSON Profession: Actress (Harry Potter)

Emma was appointed UN Good Nations ambassador and she promotes the need for gender equality. She speaks at many conferences promoting the rights of women.

WILL VAULKS Profession: Footballer (Cardiff City FC)

Will has been very busy during lockdown, volunteering with NHS Feed where he has been delivering food and drink to NHS staff around Cardiff and the Vale of Glamorgan.

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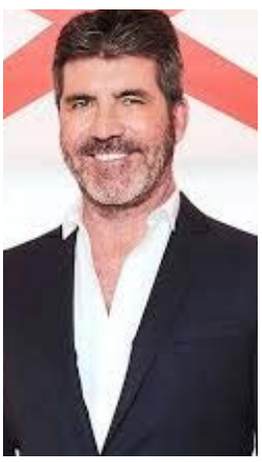
PSHE – ROLE MODELS

ELLIE SIMMONDS OBE Profession: British Paralympic Swimmer

Ellie is an Ambassador for the Scout Association and WaterAid. She travels the world raising awareness and money to help improve the quality and hygiene of water across the world.



SIMON COWELL Profession: Music Label owner (Syco) / Producer (BGT)

Simon supports a number of charities such as Kids Wish Network, Save the Children and RSPCA. This work often goes unnoticed.

TAYLOR SWIFT Profession: Singer (Love Story, Shake it off)

Taylor has opened the 'Taylor Swift Education Centre' in a Museum in America. It offers people hands on learning experience to learn about the work of the museum.

Now it is time to pick a 5 a side team based on their ability as role models. (Tick 5 of the 6 boxes)

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PSHE – ROLE MODELS

A positive role is, as already mentioned, a person who possess qualities that affect us to be better people, but this does not mean they are perfect. Everyone makes mistakes and may do or say things that others don't agree with but they can still be a role model to you because of lots of other things.

Who makes you want to be a better person or someone you look up to? A family member, teacher or friend? Name your 5 a side team of role models and type/write why those people are your positive role models.

ROLE MODEL 1

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ROLE MODEL 2

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ROLE MODEL 3

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ROLE MODEL 4

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ROLE MODEL 5

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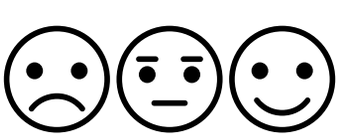
HOW WELL DO YOU THINK YOU DID TODAY?

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



VISIT
MALAYSIA

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PLAYER CHALLENGE

For today's challenge you will need:

- A stopwatch or a family member who can count 60 seconds (1 minute)
- A football, ball, toilet roll or rolled up pair of socks

You must try to complete as many catches as possible in one minute.

How to catch the ball:

- 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

See how many Cardiff City FC player Neil Etheridge completed on the link below:
https://vimeo.com/427446048

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