

CARDIFF BLUES COMMUNITY FOUNDATION

ACTIVITY PACK

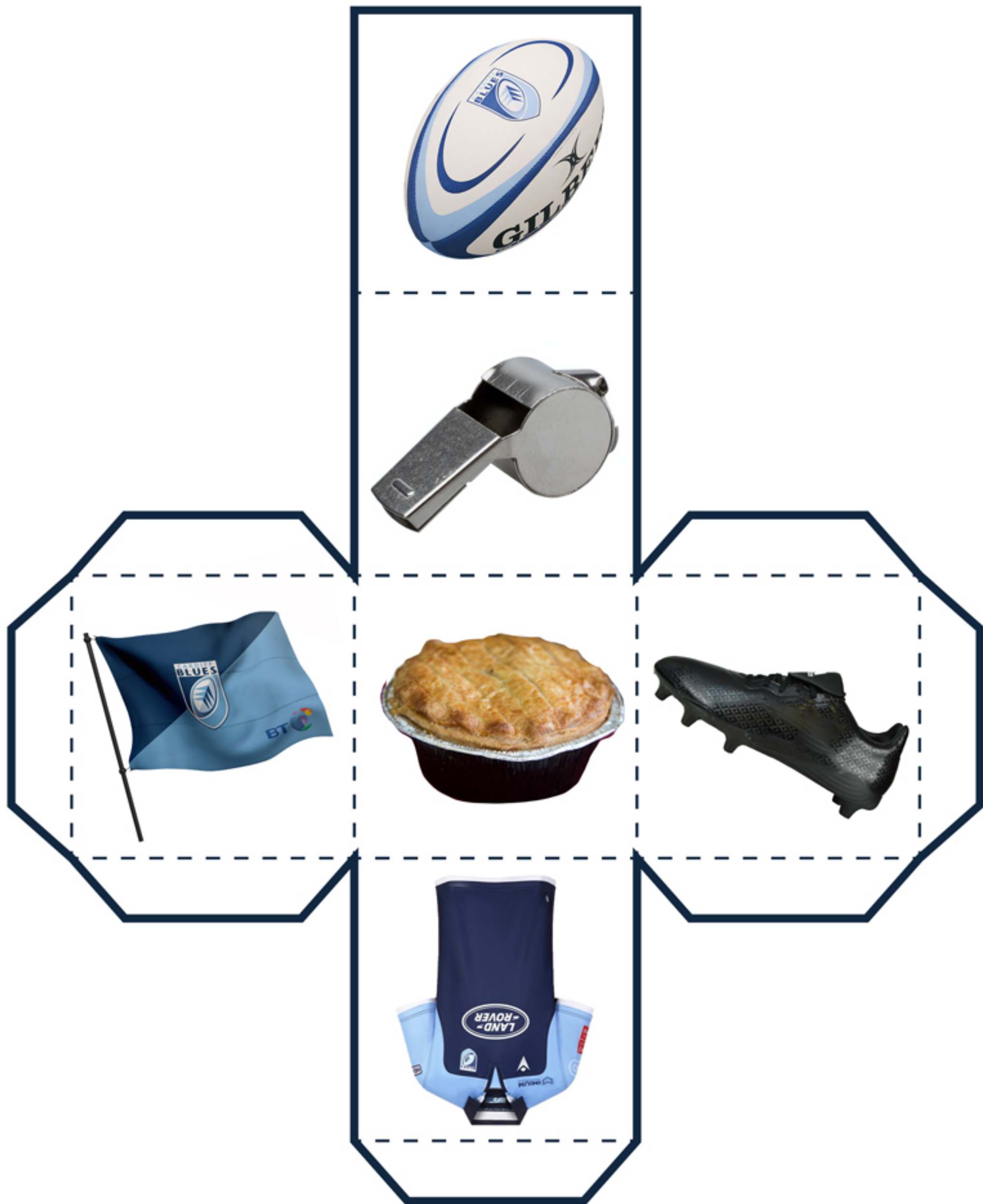


DESIGN YOUR BOOTS

WHAT WOULD YOUR IDEAL RUGBY BOOTS LOOK LIKE?



CREATE YOUR OWN DICE



cut the dice out - FOLD AND GLUE IT TOGETHER

there are lots of fun ways to use these dice!

- ROLE THE DICE & PRACTISE SPELLING THE OBJECT
- MAKE A SENTENCE USING THE OBJECT
- ROLE THE DICE 3 TIMES & WRITE A STORY USING THE 3 OBJECTS

MATCHDAY ARTWORK

DESIGN A CARDIFF BLUES MATCH DAY POSTER.

YOU HAVE TO INCLUDE THE FOLLOWING INFORMATION:

- CARDIFF BLUES V SCARLETS
- CARDIFF ARMS PARK
- SATURDAY 31ST DECEMBER.
- KICK OFF 2:30.
- TICKET PRICES - JUNIOR £10 - ADULT £17



SPOT THE DIFFERENCE

BRUISER HAS BUMPED INTO HIS FRIENDS FROM THE POLICE
CAN YOU SPOT 5 DIFFERENCES IN THE TWO PICTURES BELOW?



MATCHDAY MATHS

CAN YOU CALCULATE THE AMOUNT EACH FAMILY SPENDS ON A MATCH DAY?



FAMILY 1

- 2 X BURGERS
- 2 X CHIPS
- 1 X SOFT DRINK
- 1 X HOT DRINK
- 3 X SWEETS

TOTAL COST -----

FAMILY 2

- 2 X BURGERS
- 4 X CHIPS
- 5 X SOFT DRINK
- 1 X HOT DRINK

TOTAL COST -----

FAMILY 3

- 4 X BURGERS
- 2 X CHIPS
- 3 X SOFT DRINK
- 2 X HOT DRINK
- 2 X FLAGS

TOTAL COST -----

FAMILY 4

- 1 X BURGER
- 3 X CHIPS
- 1 X SOFT DRINK
- 3 X HOT DRINKS
- 4 X COFFEES

TOTAL COST -----



Q&A

AT EVERY CARDIFF BLUES COMMUNITY FOUNDATION RUGBY CAMP A QUESTION & ANSWER SESSION IS HELD WITH SOME OF OUR CARDIFF BLUES PLAYERS.

HERE ARE SOME OF THE QUESTIONS OUR PLAYERS GET ASKED.
WHAT WOULD YOUR ANSWERS BE?

Questions

1. HOW LONG HAVE YOU BEEN PLAYING RUGBY FOR AND WHO WERE YOUR FIRST EVER TEAM?

2. WHAT MADE YOU DECIDE TO START PLAYING RUGBY?

3. IF YOU COULD PLAY ANY SPORT, OTHER THAN RUGBY WHAT WOULD IT BE?

4. OTHER THAN THE CARDIFF BLUES, WHAT PROFESSIONAL TEAM WOULD YOU LIKE TO PLAY FOR?

5. WHO IS THE BIGGEST JOKER ON YOUR TEAM?

6. IF YOU HAD TO DESCRIBE RUGBY IN 3 WORDS WHAT WOULD THEY BE?

7. IF YOU COULD HAVE ANY SUPER POWER IN THE WORLD WHAT WOULD YOU CHOOSE?

8. OTHER THAN A PROFESSIONAL RUGBY PLAYER, WHAT WOULD YOUR DREAM JOB BE?

9. IF YOU COULD PLAY AGAINST ANY TEAM IN THE WORLD WHO WOULD IT BE?

10. WHICH SPORTING PERSON INSPIRES YOU THE MOST?



WORKOUT

CAN YOU DESIGN A 30 MINUTE FUN EXERCISE PROGRAM YOU CAN DO IN YOUR HOUSE OR GARDEN WITH YOUR FAMILY?

SHOW US ON SOCIAL MEDIA HOW FIT YOUR FAMILY IS!

EXAMPLE EXERCISES YOU CAN USE :

SQUATS / LUNGES / RUNNING / HIGH KNEES / BURPEES.
SIT UPS / PRESS UPS / STAR JUMPS / PLANK.



WE HOPE YOU'VE ENJOYED LEARNING WITH THE

CARDIFF BLUES COMMUNITY FOUNDATION

TO KEEP UP TO DATE WITH EVERYTHING THAT GOES ON IN THE FOUNDATION FOLLOW US ON:



[@CBLUESCOMMUNITY](https://twitter.com/CBLUESCOMMUNITY)



[@CARDIFF_BLUES_COMMUNITY](https://www.instagram.com/CARDIFF_BLUES_COMMUNITY)



[@CBLUESCOMMUNITY](https://www.facebook.com/CBLUESCOMMUNITY)

