



EXTRA TIME - DAILY CHALLENGES

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Welcome to our ‘Extra Time – Daily Challenges’ pack.

We have created a daily challenge for you to complete either on your own, with your friends or a member of your family.

There is a different topic for you to work on each day and we hope that you enjoy them.

Let us know how you are getting on by sharing the work that you have done!

Enjoy!



PLEASE SHARE ANY PHOTOS OR VIDEOS OF YOU COMPLETING THESE CHALLENGES TO TWITTER AND TAG @CFCFOUNDATION USING THE #EXTRATIMEDAILYCHALLENGE.

Extra Time Challenge

In many communities across the world, children like Akim and Lim (pictured opposite) come up with ingenious ways to play football and other games – from making footballs with tape and pieces of fabric, to building toys out of used bottles!

How would you make your own football using recyclable materials found at home?

What to use:

- Rubber bands
- Plastic bags
- Used crisp packets
- Newspapers
- Tape
- Anything else you find around the house!

Manager's Challenge



Are your skills up to the challenge?

- What kind of football can you create only using 3 different materials?
- Who can create a 'recyclable football' and volley it into a bin to score?
- Who can get the most keepy uppies in your household using your 'recyclable football'?
- Can you do the ultimate 'around the world' keepy uppy challenge? Volley to knee to chest to shoulder to head and into the bin to score!

Upload any photos or videos of yourself completing these challenges to Twitter and tag @CFCFoundation and @PlanUK using the #FootballForChange.



Chelsea FC and global charity partner, Plan International launched Football for Change in December to help children play football, learn and thrive.

By donating footballs and kit to communities across the world, we're helping children from Asia to Africa play the game we all love!

For more information about Football for Change visit plan-uk.org/footballforchange

EXTRA TIME – DAILY CHALLENGE – DAY 2

Colouring Challenge Instructions:

- Our mascots Stamford & Bridget have lost their colour!
- Can you complete our challenge and give Stamford & Bridget their colour back?
- How creative can you be? Try and stay inside the lines and keep it as neat as possible!

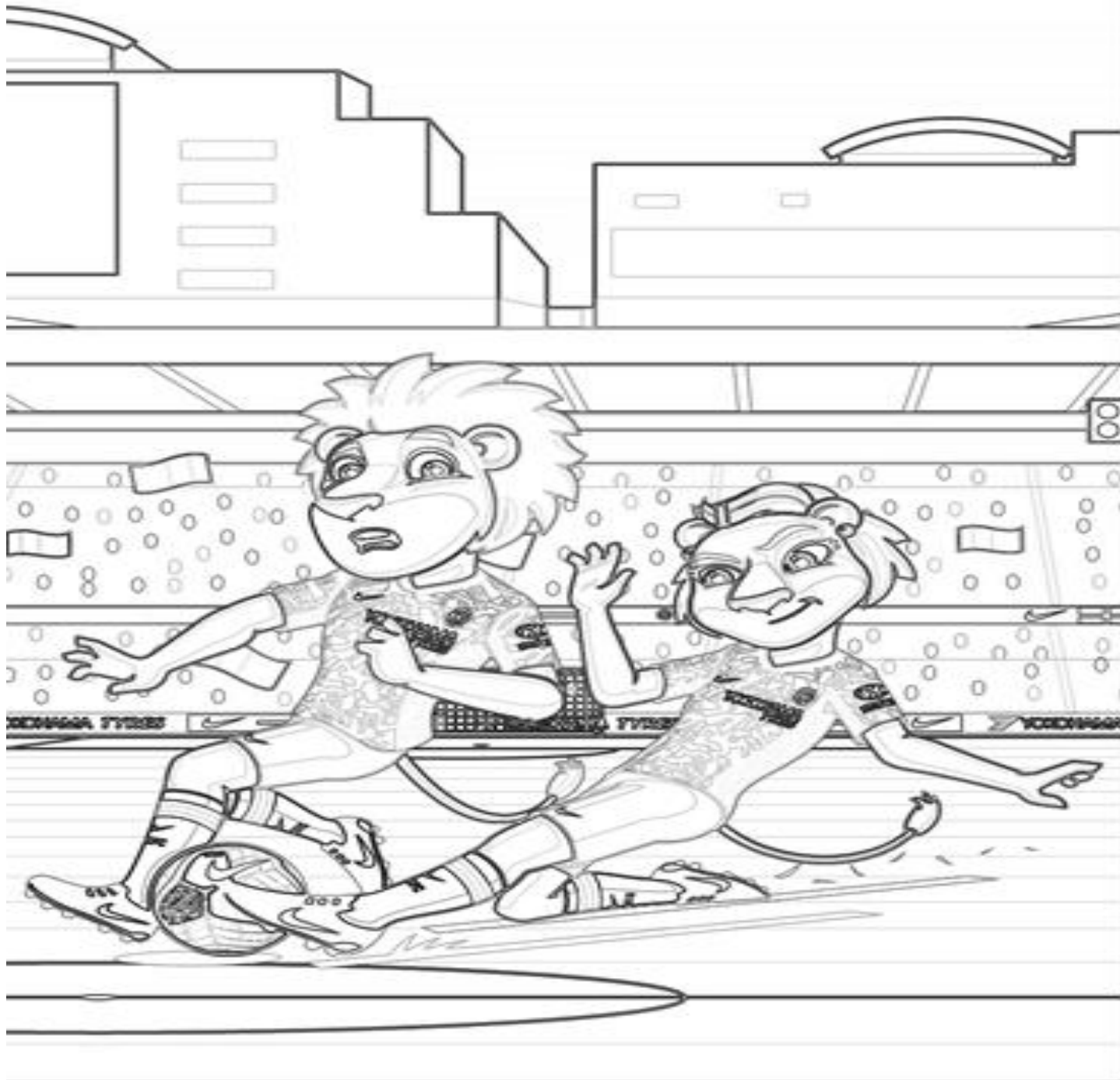
- What you will need:

- Colouring pencils
- Colouring pens
- Crayons

- Extension:

- Can you create your own picture of Chelsea mascots to be coloured in?





EXTRA TIME – DAILY CHALLENGE – DAY 3

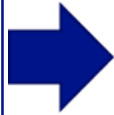
Poetry Slam:

Read the 'Building Bridges' poem opposite.

What did you like about the poem?

Create your own 'football' themed poem, rap or song. Include at least 3 words from the list below.

- Chelsea
- Celebration
- Diversity
- Equality
- Football
- Goal
- Respect
- Stamford Bridge



*Building Bridges, that's our aim
Whilst we play the beautiful game,*

*Celebrating differences whilst we're scoring goals
Everyone at Chelsea always plays their role.*

*Foundation, Academy, Women's & Men's
Using the language of football, we are all friends,*

*Equality & Diversity, this is what we bring
Building Bridges - It's A Chelsea Thing.*

Extension:

Perform your poem or rap to your friends and classmates.



EXTRA TIME – DAILY CHALLENGE – DAY 4

Pass on Plastic Instructions:

- DID YOU KNOW: At least 8 million tonnes of plastic gets dumped into oceans every single year – this is the equivalent of a whole lorry-load of plastic being dumped into oceans every SINGLE MINUTE!
- We all have a responsibility to limit the amount of plastic we are using, to try and protect and preserve our environment.
- Can you complete the swap activity? What could these people use that would prevent using Single-Use Plastic.
- Extension:
- Can you write a letter to one person to explain why they should stop using Single-Use Plastics?

Sam carries his football kit in a **plastic carrier bag**. At the end of the day, he throws the bag in the bin and uses another one the next day. **What could he swap to?**



Sara is having a football-themed birthday party and has bought 3 packs of **plastic straws, cups, plates and cutlery** to use at her birthday tea. **What could she swap to?**



Amanda buys a **bottle of water** on the way to football club every Saturday morning. **What could she swap to?**

