

# PRIMARY EDUCATION



## PREMIER LEAGUE PRIMARY STARS

This programme allows us to create individual relationships with each school, ensuring they receive bespoke support that is tailored to the short and long term needs of the schools. We offer:

- **Teach Upskilling**
  - Empower teachers to deliver PE lessons confidently and competently.
  - Resources to support delivery
- **Numeracy Intervention**
- **Teacher CPD**
  - FA PE Team
- **Tournaments**
- **Impact Reports**
- **Social Action Projects**
- **Literacy Intervention**
  - Reading the Game (Bespoke Reading & Writing Intervention)
  - Premier League Reading Stars (Reading Intervention)
  - Premier League Magazine (Writing Intervention)
- **Assemblies**
- **Lunchtime/ After School Clubs**
- **PSHE**
  - The Lenny Lifestyle Project
  - Playground Stars
- **STFC First Team Player Visits**

All of the Premier League Primary Stars programmes embed the below values:



## OUTCOMES:

This programme has been carefully developed with teachers to use the power and popularity of The Premier League and Shrewsbury Town Football Club to motivate children and connect their learning to the world around them.

## IMPACT 21/22

- 94% of pupils feel inspired and engaged
- 93% of pupils improved attainment
- 91% of pupils improved physical wellbeing
- 90% of Teachers improved their skills, knowledge & confidence.



FOR MORE INFORMATION OR TO ARRANGE A FREE CONSULTATION:

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**FOUNDATION**  
The Club's Official Charity



**Premier League  
Primary  
Stars**



# READING THE GAME

THIS LEARNING LOG BELONGS TO:



## READING THE GAME

Our 'Reading the Game' programme captures the motivational power of football and sport to inspire young people to read more and to improve their literacy skills. It delivers statutory requirements of the new national curriculum.

*"It has been great recap for the pupils reading skills, super content to practise their writing skills and the practical element allows them to improve their confidence as a whole."*

### EXAMPLE ACTIVITIES:

**WRITE A PERSUASIVE LETTER**

1996  
SHEFF WEDNESDAY FOOTBALL CLUB  
"PROPER SALOON"

**WORDBANK**   **REMEMBER TO:**

- Dear
- Attention
- Respectfully
- Dear Sir/Madam
- Yours
- Yours faithfully
- Yours sincerely
- Yours truly
- Yours
- Yours
- Yours
- Yours
- Yours

- Use your address
- Write the date
- Use persuasive language
- Remember to
- Correct punctuation, spelling and grammar
- Use a range of
- Use a range of
- Use a range of
- Use a range of
- Use a range of
- Use a range of
- Use a range of
- Use a range of
- Use a range of

**THE CHIEF EXECUTIVE'S SHOES**

**TASK: TAKE PART IN A DEBATE AND GIVE REASONS FOR YOUR OPINION**

**Whose role is the most important?**  
The role of the Chief Executive is to increase the day to day running of the football club. They look after a lot of different things within the club including the staff.

**There are many staff at a football club. You need to decide whose role is the most important. You must give reasons to support your view.**

**Staff include:**  
Manager, Assistant Manager, Goalkeeping coach, Physiotherapist, Kit Manager, Football Writers, Doctors, Groundsman, Stewards, Gate people, Match, Caterers, Chief Accountants, Media, Safety Officer, Commercial and the Club Shop.

**Which roles are the most important and why?**

**The role of:**  
**is most important because**

Brian Cabral, CEO of Sheff Wednesday FC

6 WEEK PROGRAMME • DELIVERED IN 6 X 90 MINUTE SESSIONS • BESPOKE ACTIVITIES TO ENCOURAGE INTERACTIVE LEARNING.

# THE LENNY LIFESTYLE PROJECT

THIS LEARNING LOG BELONGS TO:



## THE LENNY LIFESTYLE PROJECT

The Lenny Lifestyle Project is an interactive, engaging nutritional program that aims to help pupils make small, sustainable changes to their lifestyle to improve their health and wellbeing.

Pupils are educated through a classroom based toolkit of lessons and practical sessions to help them apply the principles of healthy habits to their daily lives.

After one session 100% of students agreed that they could:

- Identify the different components of a balanced diet.
- Identify what healthy eating means.
- Identify what my body needs to be healthy

### EXAMPLE ACTIVITIES:

**SESSION FOUR ACTIVITY FOUR: LENNY'S SUGAR SWAPS**  
WHAT SUGAR SWAPS HAVE YOU IDENTIFIED FOR BREAKFAST, LUNCH & AFTER SCHOOL SNACKS?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**SESSION TWO ACTIVITY ONE: FOOD VS ACTIVITY**  
CAN YOU MATCH EACH ACTIVITY & FOOD TO THE AMOUNT OF CALORIES IT WILL USE?

Apple	51 kcal	_____
Snickers	124 kcal	_____
Mini Babybel	104 kcal	_____
Banana	104 kcal	_____
Cheese Sandwich	124 kcal	_____
Tin of Baked Beans	124 kcal	_____
Roast Beef Dinner	124 kcal	_____
Full English	104 kcal	_____

**Energy in Food** vs **Energy Out (Exercise)**

Energy in equals to Energy Out

Energy in > Energy Out: MAY LEAVE INDOOR CAN MAKE US FEEL TIRED AND SOMETIMES MAKE US SICK.

Energy in < Energy Out: I KNOW TOO MUCH CAN LEAD TO TOO MUCH EXERCISE ENERGY AS WELL.