

EXTRA TIME

Learning Resources

Day 8

Healthy Lifestyle



FOUNDATION



GET ACTIVE WITH CHELSEA FC

Defender Wednesday Millie Bright & Toni Rudiger

Focus: Balance

- Find or make a line on the ground about 5 big steps long to use as an imaginary tightrope
- Walk along the line like a tightrope walker using your arms for balance
- Place some tennis balls or any other items along the side of the tightrope.
- As you move along the line, bend down to pick the items up. Try not to come off your tightrope!
- Too easy? Try balancing on one foot when picking up the items.
- Try walking backwards and sideways along the tightrope.

Manager's Challenge



What number shirt does Millie wear for Chelsea?

What country does Toni play for?

How many times has Millie played for England?

Toni has won 2 trophies with Chelsea. Can you name them?




FUN FACT

Millie has played for England at U19, U23 and as a Full International

WHAT DID YOU DO YESTERDAY?

Focus: Healthy Lifestyle



Think about all things you did yesterday from the moment that you woke up until you went to sleep. We have added an example to help you get started. 
List as many different things that you can remember.



Manager's Challenge



What is your favourite sport or exercise?

Tell us what you like about it.

What is your main strength or skill in that sport?

Try to invent and practice your own unique skill. Tell us about it.

YESTERDAY'S MEALS

Focus: Healthy Lifestyle

Think back to yesterday. Make a list of the food and drinks you had.

Breakfast:

Lunch:

Dinner:

Snacks:

Do you think they were healthy? Put a 'good for you' rating next to what you have 1-5, 5 being super good for you and 1 being not very good for you. What changes can you make? Compare your list with others.

Manager's Challenge



What food swaps can you do to make some not very good for you snacks into good for you snacks?

Unhealthy to healthy

Crisps to:

Fizzy drinks to:

Chocolate to:

Chips to:

Create two of your own below

Why is it important to make these changes?

Focus: Healthy Lifestyle

It is important to try and 'get active' for at least 60 minutes a day.

List the different ways that you are active in your school:

What ways are you and others active in your home:

Why do you think is important to be active and to participate in sport and exercise? Think about things that stop you from being active, list them below:

Create a poster which shows the importance of getting active.
Include pictures and key messages.

Top tips to help you have a Healthy Lifestyle

BE ACTIVE
EACH DAY

CHOOSE
WATER
AS A
DRINK

EAT MORE
FRUIT AND
VEGETABLES

SWITCH OFF
THE SCREEN AND
BE ACTIVE

EAT FEWER
SNACKS
AND SELECT
HEALTHIER
ALTERNATIVES

Manager's Challenge



We all love to use technology but sometimes we use it too much.

What top 5 tips would you give to others around using technology in a safe and healthy way?

A DAY IN THE LIFE OF A FOOTBALLER

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Focus: Healthy Lifestyle

Millie has a game today at Chelsea Women's Stadium, Kingsmeadow.

Create a warm-up for Millie to do before the game starts so she is ready when the match kicks off.

What do you think Millie eats or drinks at half-time?



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A DAY IN THE LIFE OF A FOOTBALLER

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Toni has training today at our training ground in Cobham.

Write down what an ideal breakfast would be for Toni.

Think of foods and drinks that would make him ready for practice.

After practice, Toni has to do a cool down.

Create some exercises for him to do that will help him recover from training.



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DAY PLANNER

Focus: Healthy Lifestyle

Create a plan of activities for your day and list what to plan to do and achieve.

Review your plan at the end of the day and see if you managed to do some or all the things you listed.

Did you do any sport or exercise?

Did you drink enough water?

What do you need to improve on for tomorrow?

TODAY'S SCHEDULE

6:00am
6:30am
7:00am
7:30am
8:00am
8:30am
9:00am
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10:00am
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19:30pm

HEALTH & FITNESS

Recommend eight 8-oz glasses of water



60 MINUTES OF SPORTS EXERCISE

TODAY'S MOOD

Happy Reason:
Sad
Excited
Angry
Frustrated
Stressed
Surprised
Loved

3 POSITIVE THINGS



NOTES/DOODLE/SKETCH

DAILY THINKING CHALLENGE

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Defenders' Wednesday

Imagine you are on a desert island.
What 5 items would you bring with you?

Manager's Challenge

Design a shelter for you to live
under on the desert island.

What materials would you use?

Draw or create what it would
look like.

Write down why you choose these items.

Discuss your answers with a friend or relative.
See how similar, or different, your answers are.



FUN FACT

On his 100th
game for Chelsea,
Toni scored
2 goals against
Leicester City.