

EXTRA TIME

Learning Resources

Day 4 STEM



FOUNDATION



GET ACTIVE WITH CHELSEA FC

Telford Thursday

Focus: Fitness

- Go to the stairs/doorstep.
- Start at the bottom step. Go up one step and then back down, with both legs. Repeat for 30 seconds.
- Rest for 1 minute.
- Repeat x 5 times.
- Did you beat your original score?
How many step ups did you complete?
- Was that too easy? Why not try hopping on one leg! Right leg only for 20 seconds, then left leg for 20 seconds.

Manager's Challenge



What position does Carly play?

Where is she from?

How long has she played for Chelsea?

Create a warm-up for Carly including at least three exercises.

FUN FACT

Telford made her senior international debut on 11 March 2007 as a substitute against Scotland



STADIUM DESIGN

Focus: STEM

Can you look at different stadiums on the internet? You may want to use Google. Think about what you like and what you dislike about all of them. For example, the shape – is it circular or rectangular?

Why have they been designed in this way?

Do you think that designs have changed over time and if so why?



Stamford Bridge



Stamford Bridge

STADIUM DESIGN

Focus: STEM

You are now a Chelsea FC stadium designer and we want you to design a brand new stadium. What would you need to include and why?

Draw your design opposite and list the different features. See if you can make a mini version of your stadium using a range of materials from around your home.

ADDITIONAL CHALLENGE:

Go even further by creating your own stadium design online - have a look at this website and set up your own account: www.tinkercad.com

MY STADIUM DESIGN

DAILY THINKING CHALLENGE

Telford Thursday

Carly has an idea – what are the advantages and disadvantages of having an octopus as a lifeguard? Try and write what you think would happen in as much detail as possible.



FUN FACT

Telford was one of the first 17 female players to be given central contracts by The Football Association



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