



NEWCASTLE UNITED
FOUNDATION

Building a United Future

**Newcastle United
Foundation Activity Pack**

Hi Guys!

We are really sorry that we can't be with you right now and continue our sessions as normal! However these are crazy times, so we hope you understand the reasons why we can't be around... Although just because we can't see you, doesn't mean we can't stay connected!

We have put together some activities, ideas and challenges which we hope will keep you busy for a while!

During office hours (Monday-Friday 09:00-17:00) please keep in contact with us, let us know how you are, send us pictures of you completing challenges & drop us a joke or two to make us smile

Keep smiling, stay safe & we will see you all soon!

Best Wishes

Jacqueline, Anna, Nick, Graeme & Tal

(Newcastle United Foundation Targeted Team)



Quiz

- 1) What is the name of Newcastle United's Stadium?
- 2) Can you name the four stands of the stadium?
- 3) Number the club badges below in order of oldest to newest? (1= Oldest 4= Newest)



- 4) Alan Shearer is Newcastle United's all-time top goal scorer but with how many goals?
- 5) Club manager Steve Bruce has managed two other Premier League teams, can you name them?
- 6) Who was Newcastle's top goal scorer last season and with how many goals?
- 7) Who is Newcastle's most expensive player & how much did Newcastle United pay for him?
- 8) How many years has Newcastle United been a club?
- 9) I play for Newcastle United, I am a Scottish international and I wear number 11. Who am I?
- 10) Can you name any other events which have taken place at St James Park which aren't Newcastle United fixtures?



NUFC Wordsearch

	M	F	N	U	C	Z	N	D	M	P	E	H	V	N	Q
	G	I	H	E	Z	J	C	V	V	E	J	T	J	Y	E
	F	A	T	E	I	H	C	T	I	R	M	M	F	D	S
Ameobi	A	A	Z	R	W	O	N	Q	U	E	N	U	U	T	P
Gazza	S	Y	B	Z	O	S	V	Z	B	Z	O	M	C	V	W
Mitrovic	H	I	E	O	A	V	B	E	A	R	D	S	L	E	Y
Shearer	E	B	S	V	M	R	I	D	K	P	M	G	Z	G	D
Beardsley	A	O	S	U	L	V	R	C	I	I	H	L	U	P	X
Harper	R	E	K	O	G	E	K	B	L	Q	K	Y	I	F	M
Perez	E	M	K	H	Q	R	H	B	R	U	J	U	H	C	F
Shelvey	R	A	D	Y	E	I	U	S	G	A	Y	L	E	M	W
Gayle	D	O	G	P	G	R	G	V	H	H	I	M	U	M	R
Milburn	O	L	R	H	N	I	T	M	D	W	F	I	I	M	B
Ritchie	B	A	V	J	M	M	J	H	E	L	Z	J	M	A	M
	H	D	Q	O	L	Z	H	H	H	O	F	S	U	V	L

Games to play together!

Try these with your family at home, or what about video calling your friends, or setting up a WhatsApp group chat to play these with other people!?

TWO TRUTHS, ONE LIE

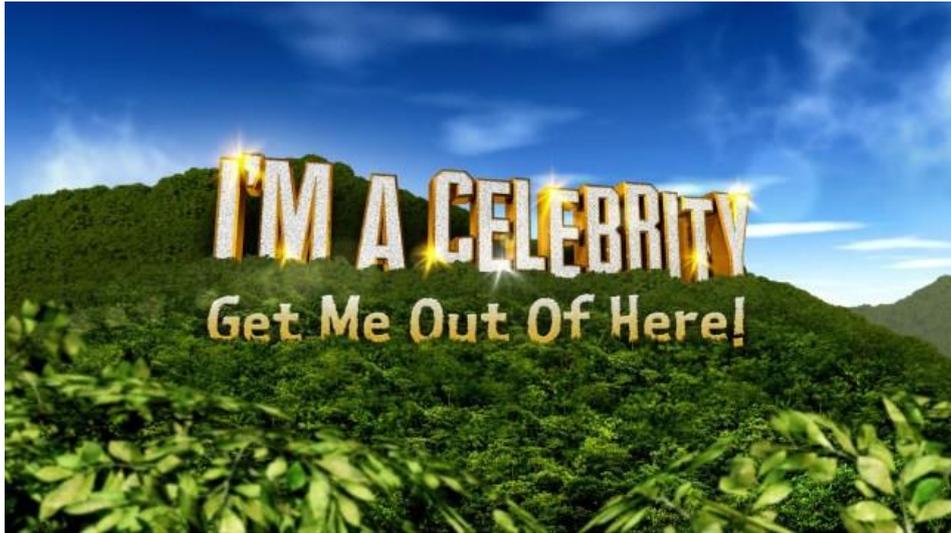
Each person writes down two truths and one lie about themselves, they then present these three facts as truths to the group, the rest of the group has to guess which is the lie by asking the person questions about each statement. You can do it in teams, and if the team guess the lie, they get a point, and it can be the team with the highest points after everyone has said their two truths and one lie, wins!

A-Z GAME

Play this within your team. Using different categories, e.g. countries, cities in England, brands, etc., you have to come up with a list of places/brands/etc, starting with different letters, fill the list of different things starting with A-Z, e.g. Australia, Belgium, Canada, Denmark etc. There is a maximum of 5 minutes for each category.

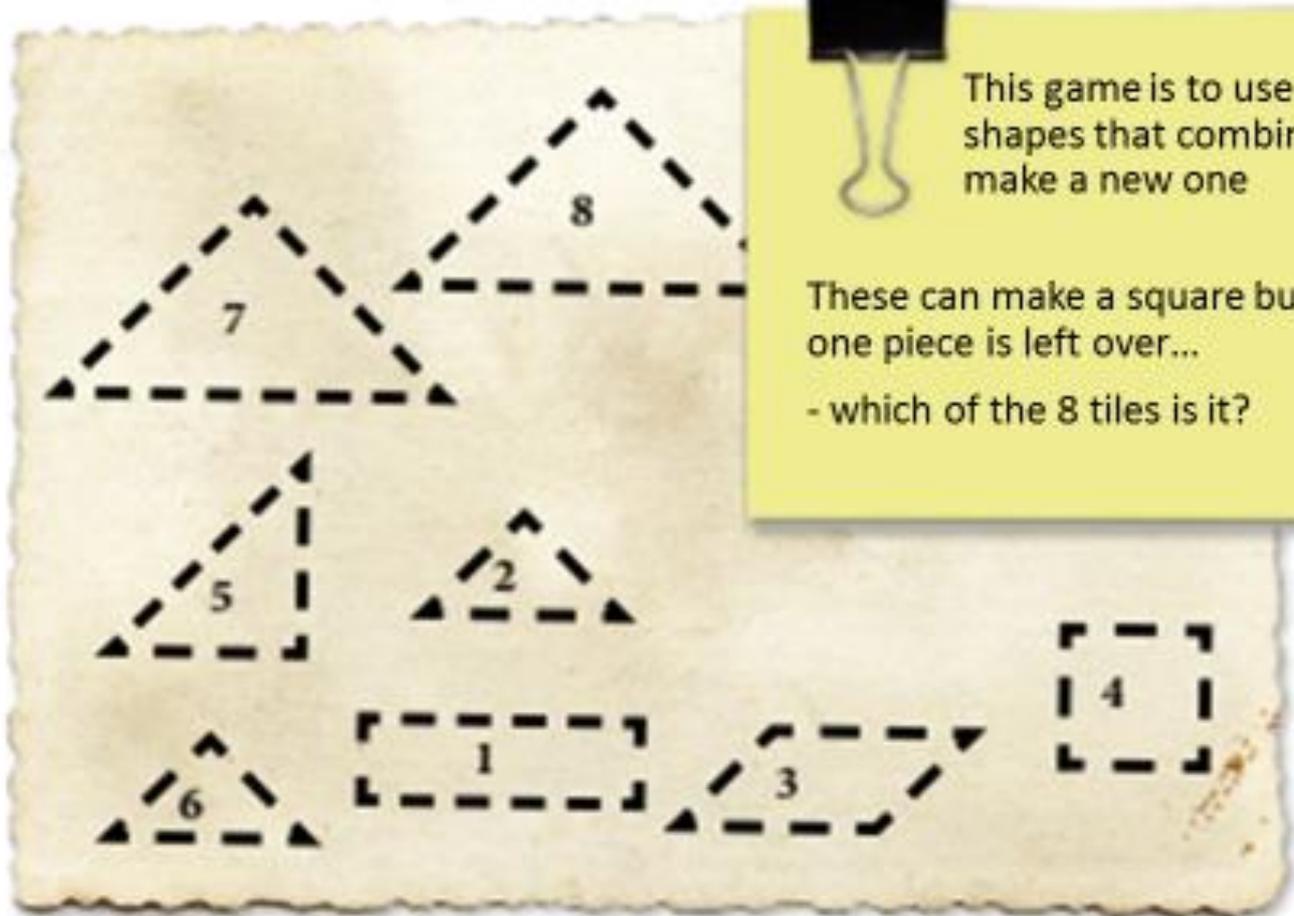
I WENT TO THE SHOP...

In a circle, one person starts by saying I went to the shop and bought (item that begins with their first initial) the next person then must say exactly what the person before says as well as their own. Every time it is someone's turn, they must remember all previous items.



- ❖ Choose your own cast list of 12 celebrities and your presenters.
- ❖ These must be real celebrities but can be dead or alive.
- ❖ Write down which characters you are choosing & why- You need to give reasons as to why you would want them in the jungle! What skills would they bring? How would they help the camp? What would their strengths and weaknesses be?
- ❖ Get the rest of the family involved and get them to make their choices too!
- ❖ Share your plans with us too! We want to see who you've picked!

Problem solver



Name:

School:



1) Match the words to the definition below:

Discrimination
Sexism
Racism
Bullying

Treating someone different because of their gender.
Continuously being unkind to someone.
Treating someone different because of race or religion.
Treating a person or group of people different because of their belief, race, gender or another characteristic.

2) Why do some people have disabilities and not others?

- From birth, an accident or illness.
- From birth, an illness or unhealthy diet.
- From not enough sleep, an unhealthy diet or illness.

3) Can a male be a nurse?

YES

NO

UNSURE

4) List 3 ways to be a good friend?

-

-

5) What should you do if you are being bullied or know somebody that is bullying someone?

- Do nothing
- Report it to an adult
- Tell all of your friends

6) Which TWO senses would a blind footballer need to use most?

SIGHT

TOUCH

SMELL

TASTE

HEARING

7) What would be a suitable punishment for a footballer if they were racist to another player during a football match?

8) Circle the four British Values.

RULE OF LAW

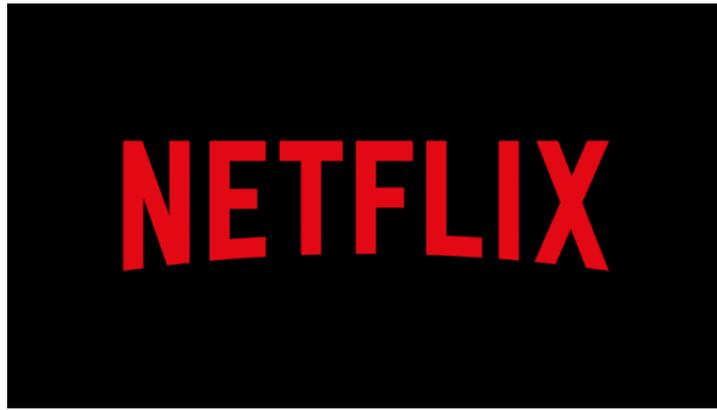
DEMOCRACY

ALWAYS SMILE

ALWAYS SAY
THANK YOU

RESPECT

INDIVIDUAL
LIBERTY



Ok, so we will let you take a little break from all of these activities and challenges, so here's our Netflix 'must watch' list! We've broken it down into categories, so hopefully there is something for everyone! Tick them off as you go & get in touch to let us know what you have watched!

Sports Documentaries	Animal Documentaries
Formula 1- Drive to Survive	Blue Planet
Sunderland Till I Die	Shark
Rooney 'The Man Behind the Goals'	Blue Planet 2
Ronaldo	Chasing Monsters
First Team Juventus	Planet Earth
Barca Dreams	Planet Earth 2

Other Documentaries	Comedy Films
Inside the world's toughest prisons	Stepbrothers
I am a Killer	Superbad
60 Days In	Bad Neighbours
Louis Theroux Miami Mega Jail	21 Jump Street
First and Last	PAUL
	Big Daddy
	Mall Cop
	Weird Science
Comedy Series	
Friday Night Dinner	Bad Education
Come Fly with Me	Big School
Fresh Prince of Bel Air	Impractical Jokers

H X G Y T I C H C I W R O N C I T L E C C G A M
 L O S L C B O L T O N W A N D E R E R S Y N H V
 J V O T O Y H Q D L E I F S R E D D U H G K N M
 A B U G T O T T E N H A M H O T S P U R D D O P
 G A T K M J K H P T T R I C G A R K R A Y V T M
 V Q H C A J G D R L N F D O J A T B Z S I J T A
 F G A Z H C Y Y E A C T D W J V H O Z C Q M I N
 Y L M Y L B W O S N L B L H Y F B U U F E Q N C
 T E P S U P A D T E W Z E X U W R R V A H G G H
 I E T M F I T H O S T E S H P G I N Q E T Y H E
 C D O Y I W F B N R Z H B S X W G E Q S T M A S
 A S N C K X O W A A R B R N I X H M X L W O M T
 E U R H R V R E J Y H F O F V Y T O Z E N R F E
 S N U Y R N D I A M L D U Y S D O U N H E B O R
 N I L S T O K E C I T Y G K O X N T E C W T R C
 A T F J Q Q C C H W U F H R G T J H Q K C S E I
 W E U B Y F V J N L O O P R E V I L M F A E S T
 S D G J L Y T I C F F I D R A C O F R W S W T Y
 W E S T H A M N E S G T F Q K K E V E R T O N T
 Q H M C R Y S T A L P A L A C E S P T J L I G Z
 C Q P E Y T I C R E T S E C I E L H U S E Z T D
 L X I M P D I R D A M L A E R K H E I P U J A X
 P U Z B L E K R M R A S T O N V I L L A T K R T
 E A R A N G E R S S E M M I E Z I C Z T D Q U A

Arsenal	Aston Villa	Bolton Wanderers	Bournemouth
Brighton	Cardiff City	Celtic	Chelsea FC
Crystal Palace	Everton	Fulham	Huddersfield
Leeds United	Leicester City	Liverpool	Manchester City
Middlesbrough	Newcastle Utd	Norwich City	Nottingham Forest
Preston	Rangers	Real Madrid	Southampton
Stoke City	Swansea City	Tottenham Hotspur	Watford
West Brom	West Ham		

Name the Club Badge...





20 Things to Do at Home...!

1 – Learn a new language? If you have access to a computer or a smart phone just search www.duolingo.co.uk and get yourself going! Next time we see you, you could be speaking French like Allan Saint-



Maximim or Spanish like Joelinton!

2 – Start a journal/ blog. Can either be video, voice recorded or written down in a notebook? Write in this every day until this all blows over. At the end, we can look back through it and see what you've done.



3 – Create a day to day planner, detailing what you will do every hour of every day- Don't forget to sleep though!



4 – Since you'll be indoors, why not try and learn to cook? Look online for a recipe and get cooking! BBC good food has a lot of good recipes for children to do with their parents. (Once you're done, send a photo of your dish to us!)

5 – For all you footballers out there... Follow Allan Saint-Maximin's Instagram challenge and record yourself doing a trick, fancy flick or a keepy-ups using ONLY a toilet roll.



6 – indoor workout – if you like your fitness, or hate it like everyone else. Now is the perfect time to get ahead of the rest and do something at home. Home workouts can be found online on youtube or Google.

7 – Clothes overhaul!! Open up that wardrobe door and sort out which clothes you would like to keep and which you can throw away. If there's any hangers left over, give them to the person in your house who does the ironing- They'll be happy!



8 – Cards! Get those top trumps out! Card games such as 21 (blackjack) snap and UNO will keep you & your family going for hours!

9 – Chore list – Since you're at home, and because I know it's a target for a lot of you! Help around the house with some chores, create a chore list for yourself and your siblings to do to help divide the time and keep you busy.



10 – Music playlist – for myself I find searching for music hard to do when I'm busy.

Since you have a lot of time on your hands why not create that perfect playlist! Share it with your friends, or ask each person close to you for a recommendation!





11 – Sporcle – random quizzes. www.sporcle.com the worlds largest trivia quiz site. Test your knowledge between yourself, friends and family

12 – Xbox/ PlayStation – computer games may be the Bane of your parents lives normally, but at this moment in time, they will be great to fill the hours of the day. As long as the xbox is shared fairly between siblings!

13 - Board games – if you have them, playing board games with the family is another great tool that can help the time fly by. We recommend using social distancing whilst playing monopoly, not for the coronavirus, but because it can be a little tense when your family are demanding money off you.



14 – Find a new hobby. This time can be used wisely, google hobbies and find yourself something that you haven't done before that you would like to start up.

15 – create a journey - Explain in a word document your journey with us. Where you were at when you first enrolled on our programme and where you are at now- Your progress might surprise you! Don't forget to share your journey with us



16 – Master calendar – Create a big calendar where you can plan what you're going to do over the next 3 months. Plan what days you are going to do a shop (what are you going to buy?) or even for a walk.

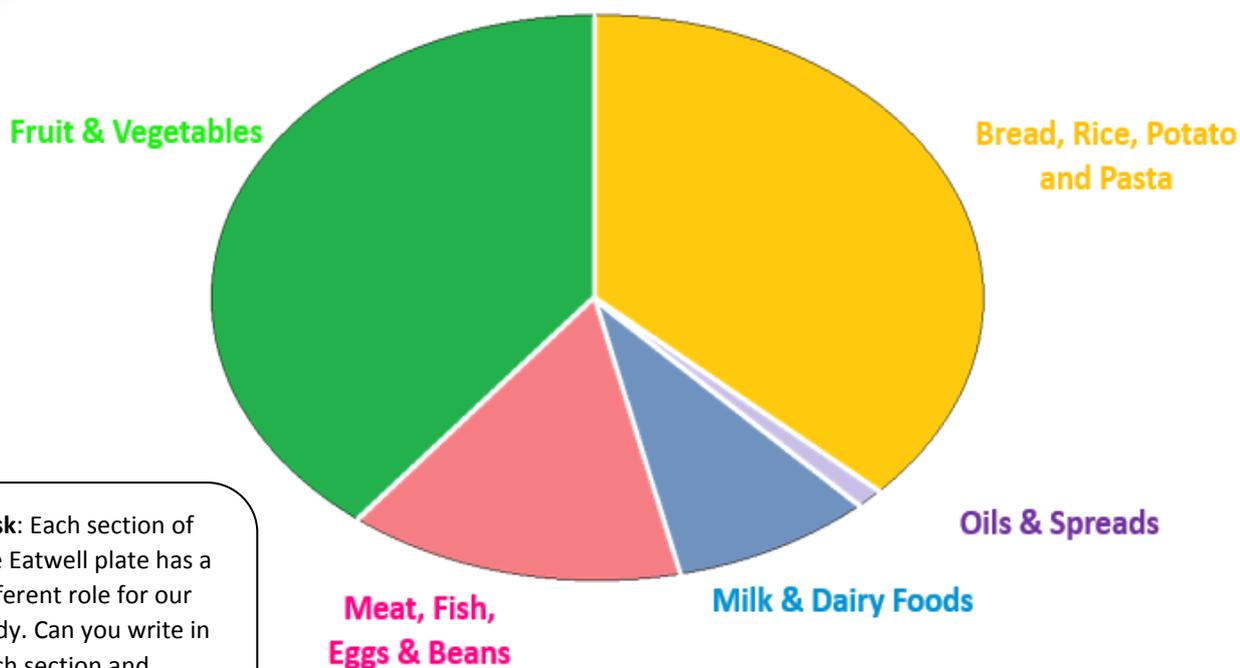
17 – Race against your sibling/parent. The game is as follows, you each have 4 tops, 4 pants and 4 pairs of socks to put on. Whoever can wear all 12 the fastest wins.

18 – Goals. Create yourself a list of targets. (Such as) Things you would like to achieve when you go back to school, things you would like to achieve while you're at home or even think longer term about what you want from you in the future.

19 – Time for the classic! – Learn to juggle. If you are able to juggle with 3 balls by the end of the time you are at home, you must film it, show us and you will win a prize.



20 – Last of all. Write something nice about everyone in your house. Being home together for a while can be hostile after a few days, or weeks, or months ... so to defuse that tension, write something nice about each of your family members at home. Or even for your mentor at NUFC.



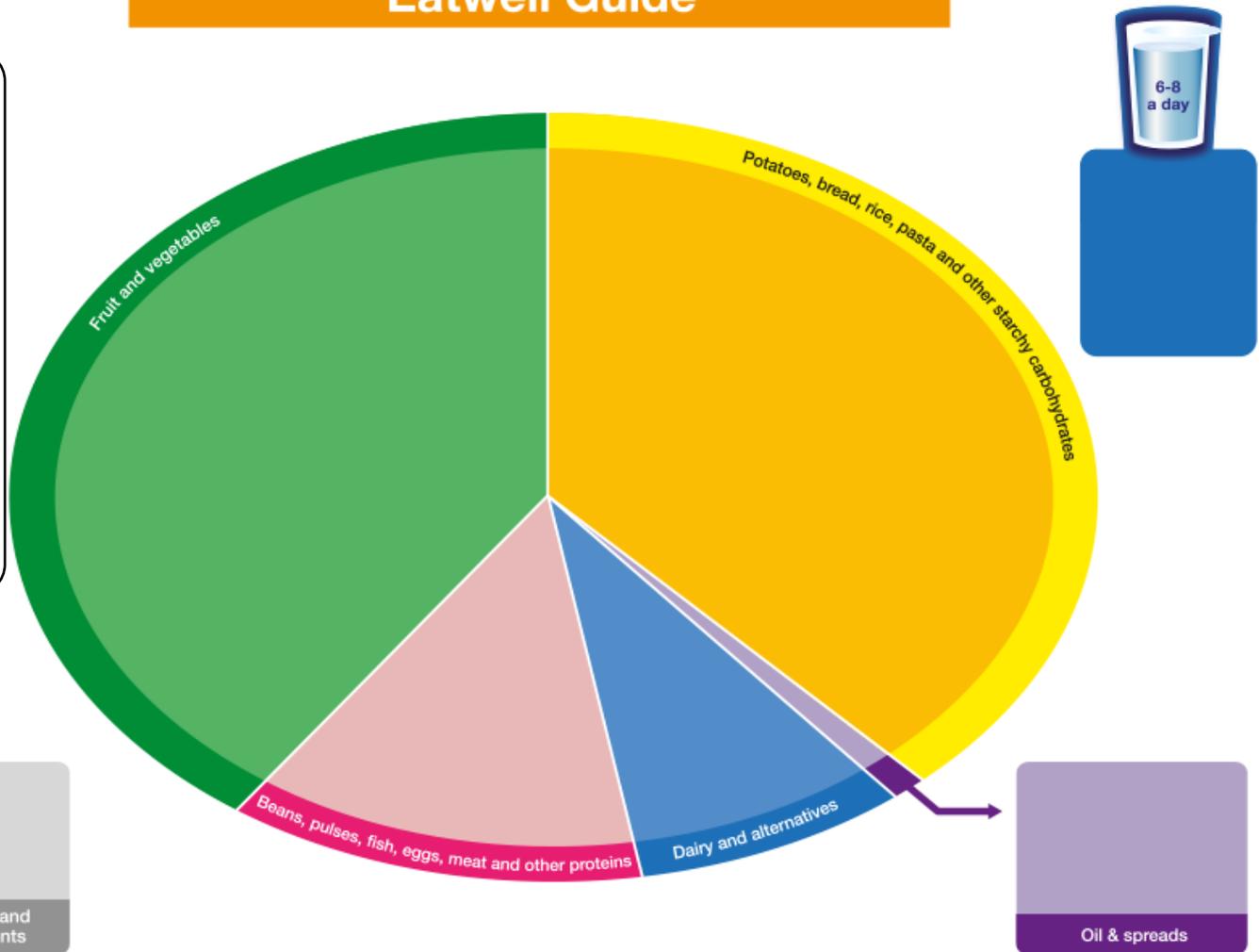
Task: Each section of the Eatwell plate has a different role for our body. Can you write in each section and explain the role of each food group.

You can research this information online, or get in touch and we'll help you out with it!

At times like this we need to look after our health more than ever, it is important that we think about what we are eating, and whether it is good for our bodies.

Eatwell Guide

Task: Can you identify as many different foods to go into each food group and write them in each section.



- Once you have identified all the different foods, why not try to make a meal ensuring you have food from each of the groups?
- Send us a picture of your plate so we can judge for ourselves if you're keeping healthy
- Think of ways you can get your family involved and work together to ensure you're all eating the right foods!
- Can you come up with a list of healthy snacks you could eat whilst working through the Netflix lists we've given you?

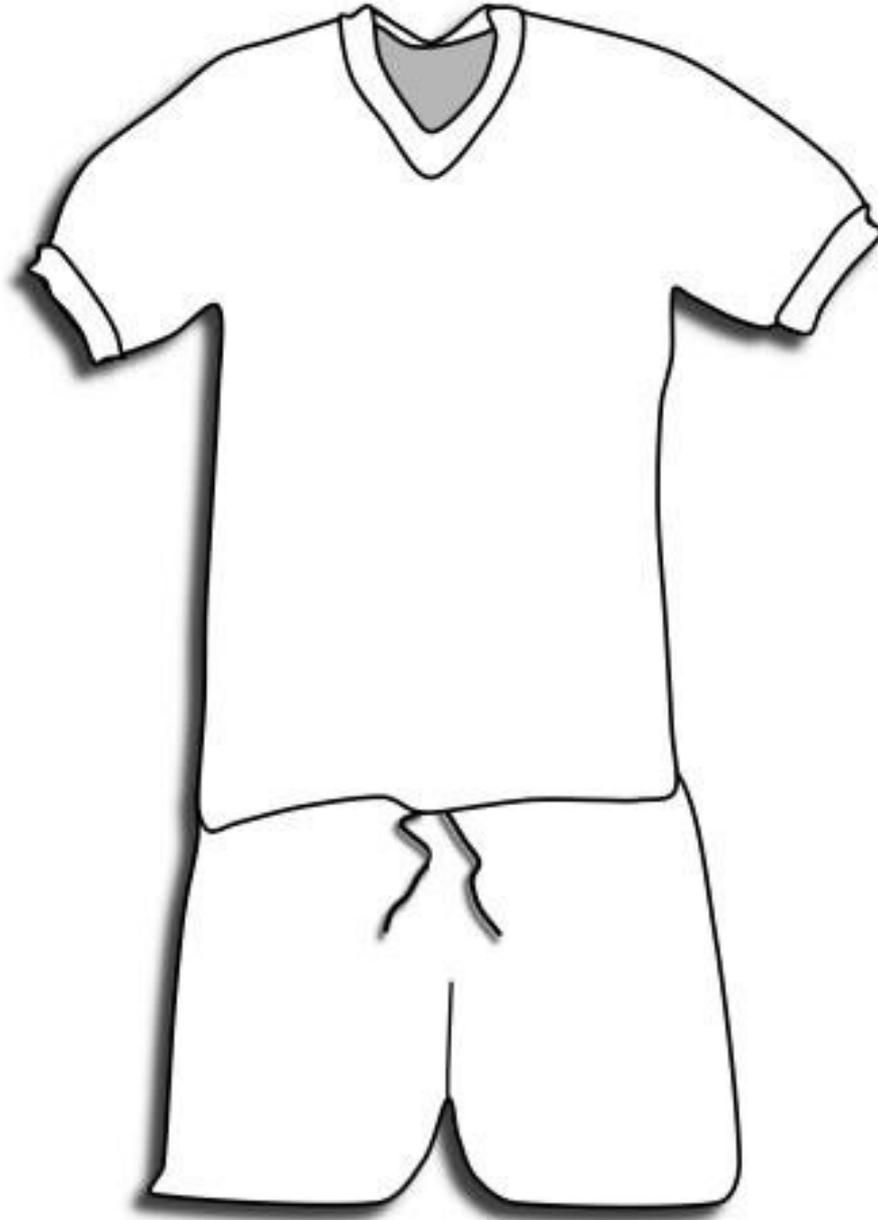
Scavenger Hunt!

Take your family on a scavenger hunt both inside & outside the house! Perhaps you could use team work & communication skills to divide up the items to make sure you can find them all! Tick each item off as you go & don't forget to send us a picture once you've found everything!

Outdoor Scavenger Hunt	Indoor Scavenger Hunt
<input type="checkbox"/> 5 Leaves that look different	<input type="checkbox"/> A pair of matching socks
<input type="checkbox"/> A rock with spots on it	<input type="checkbox"/> Something round
<input type="checkbox"/> A flower	<input type="checkbox"/> A photo of someone you love
<input type="checkbox"/> A piece of rubbish you can recycle	<input type="checkbox"/> 3 things that are blue
<input type="checkbox"/> Something that is heavy	<input type="checkbox"/> Something that is very soft
<input type="checkbox"/> Something that is light	<input type="checkbox"/> Your favourite snack
<input type="checkbox"/> An item smaller than your thumb	<input type="checkbox"/> An item that means something to you
<input type="checkbox"/> Something that starts with 'M'	<input type="checkbox"/> The smallest item you can find

Design your own football kit!

It's time to get creative! We might not be able to watch football right now, but we can certainly think about next season.... What's the brightest, boldest kit you can design that our footballers could wear next season? Why not design a headband for Allan Saint-Maximin too?



FOLLOW DIRECTIONS- CAN YOU FOLLOW ALL OF THE DIRECTIONS REALLY REALLY CAREFULLY?

1. Read everything carefully before doing anything.
2. Put your name in the upper right-hand corner of this page.
3. Circle the word NAME in sentence two.
4. Draw five small squares in the upper left-hand corner.
5. Put an "X" in each square.
6. Put a circle around each square.
7. Sign your name under the title of this paper.
8. After the title write, "yes, yes, yes."
9. Put a circle completely around sentence number seven.
10. Put an "X" in the lower left corner of this paper.
11. Draw a triangle around the "X" you just put down.
12. On the back of this paper, multiply 703 by 66.
13. Draw a rectangle around the word "corner" in sentence four.
14. Loudly call out your first name when you get this far along.
15. If you have followed directions carefully to this point, call out, "I have!"
16. On the reverse side of this paper, add 8950 and 9305.
17. Put a circle around your answer and put a square around the circle.
18. Punch three small holes in the top of this paper with your pencil point.
19. If you are the first person to reach this point, LOUDLY, call out, I AM THE FIRST PERSON TO REACH THIS POINT, AND I AM THE LEADER IN FOLLOWING DIRECTIONS."
20. Underline all even numbers on the left side of this paper.
21. Loudly call out, "I AM NEARLY FINISHED. I HAVE FOLLOWED DIRECTIONS."
22. Now that you have finished reading everything, do sentences 1 and 2! Keep busy so that others will continue to read without disturbance from you. Do not make any sign to give a clue to your having completed the assigned task.



Can You Solve the Riddles...!?



Jimmy's mother had four children. She named the first Monday. She named the second Tuesday, and she named the third Wednesday. What is the name of the fourth child?

Which is heavier? A tonne of feathers or a tonne of rocks?

A plane crashes on the border of America and Canada. Where do they bury the survivors?

I do not have any special powers, but I know what the score is of any football game before it starts. How can I do this?

You are driving a bus. At the first stop, two women get on. The second stop, three men get on and one woman gets off. At the third stop, three kids and their mom get on, and a man gets off. The bus is grey, and it is raining outside. What color is the bus driver's hair?

If you have me you can share me but if you share me, you no longer have me. What am I?

You are a cyclist in a cross-country race. Just before the crossing finish line, you overtake the person in second place. In what place did you finish?

As I was going to St. Ives,
I met a man with seven wives. Each wife had seven sacks, Each sack had seven cats,
Each cat had seven kittens. Kittens, cats, sacks and wives, How many were going to St. Ives?

A man condemned to death has the option of picking one of the mentioned three rooms. The first room is a furnace filled with flames. The second has armed men with loaded guns, while the third has lions starving for years. Which one should the man choose?

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!



One-cup pancakes with blueberries

Ingredients

- 1 large free-range egg
- 1 cup of self-raising flour
- 1 cup of milk
- 200 g blueberries
- olive oil
- 4 tablespoons natural yoghurt

Method

1. Crack the egg into a large mixing bowl, add the flour, milk and a tiny pinch of sea salt.
2. Whisk everything together until you have a lovely smooth batter, then fold through the blueberries.
3. Heat $\frac{1}{2}$ a tablespoon of olive oil in a large non-stick frying pan over a medium heat, carefully tilting the pan to spread the oil out evenly.
4. Add a few ladles of batter to the pan, leaving space between each one so they have room to spread out slightly - each ladleful will make one pancake, and you'll need to work in batches.
5. Cook for 1 to 2 minutes, or until little bubbles appear on the surface and the bases are golden, then carefully flip them over.
6. When the pancakes are golden on both sides, remove to a plate.
7. Repeat with the remaining batter, adding a little more oil to the pan between batches, if needed.
8. Serve the pancakes while they're still hot, with a dollop of yoghurt and some extra fresh berries, if you like.



Send us some feedback!

We want to hear from you! It is really important that we all stay in touch during this difficult time!

Use our telephone numbers to keep in touch, but there are other ways to keep in touch with the Foundation:

Send us a tweet **@NU_Foundation**

Follow us on Facebook **@NewcastleUnitedFoundation**

Follow us on Instagram **@nu_foundation**

For mental health support please like our '**Be a Game Changer**' page on Facebook

We understand how difficult this is for everyone, so if you need to talk please use the following services:

Samaritans:

Call (Free of charge): 116 123

Email: jo@samaritans.org

Childline:

Call (Free of Charge: 0800 1111

Please remember to follow Government advice & guidelines in relation to COVID-19:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>