



DONLINE LEARNING

WEEK 1

PREPARE FOR THE GAME

Welcome to DONline Learning



"Hello my name is Donny the Sheep, look out for these symbols when working on our activities.

This week's activities include;

Score yours goals

Training schedule

De-code the messages

I will be here to help you with some tips and ideas, let's get started!"



Be creative – these activities will encourage you to use your imagination through creative learning

Keep learning – these activities will cover topics such as numeracy, literacy and problem solving

Stay active – these activities will encourage you to keep active and healthy

If you're looking for an extra challenge look out for this symbol



Score your goals



Activity:

Setting yourself goals to help you achieve your targets is important and something we all use daily

Create your own goal setting chart that helps you achieve the tasks you want to complete this week.

Here is our example of a football themed chart or get creative and design your own



If you achieve all your goals why not celebrate your success by doing something you enjoy as a hobby





Score your goals

Activity: EXTRA TIME

Imagine you are manager of Aberdeen FC, what goals would you set your team this season?

Goals should be **SMART**;

Specific – be clear on what the goal is

Measurable – how will you know when you achieve this?

Attainable – make goals achievable

Relevant – that they help you achieve your targets

Timely – set a time for when this goal can be achieved



We have a goal to get more kids to visit Pittodrie when football fans can return.

Look out later for more information on our Junior DNA pack and how you can get involved!!





Training schedule

Activities:

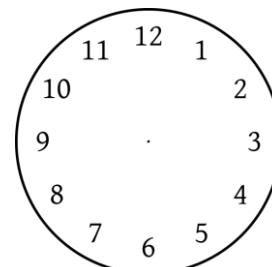
The players at Aberdeen need a schedule so they know when they need to train, eat and rest.

1. Using the clock faces can you draw on the hands of the clock to help them with todays training schedule?
2. Can you work out how much time is between each activity?
3. Can you create your own schedule for your school work for one day?

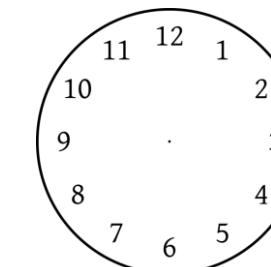
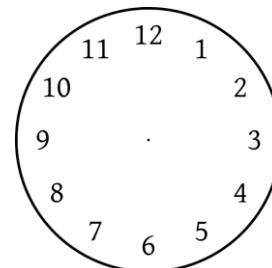


Remember the short hand shows the hours and the long hand shows the minutes.

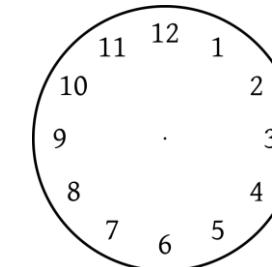
Each number on the clock face represents 5 minutes



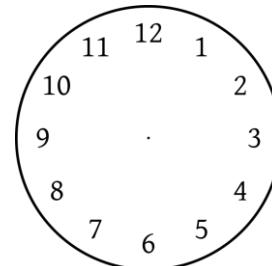
Wake up at 7:45



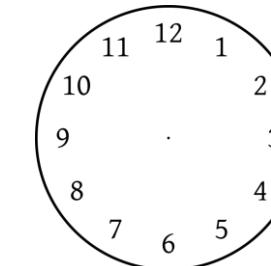
Team breakfast at 8:25



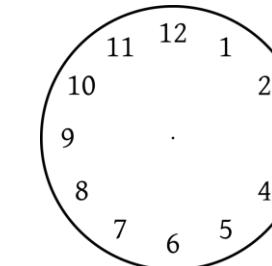
Training starts at 9:15



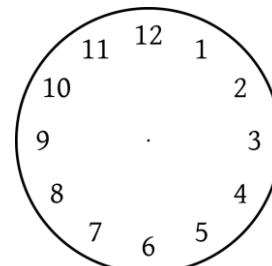
Shower after training at 11:50



Lunch at 12:30



Press conference at 1:20



Team meeting at 2:10

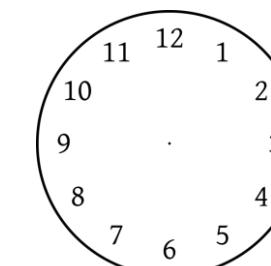
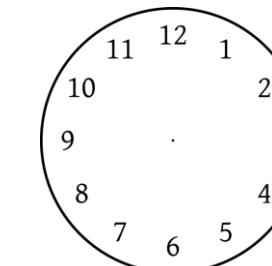


Photo shoot at 3:35



Home to rest 4:05



Training schedule

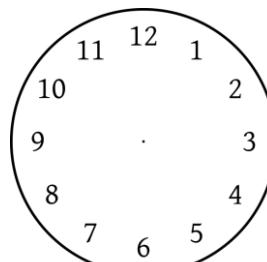
Activities: EXTRA TIME

The players at Aberdeen need a schedule so they know when they need to train, eat and rest.

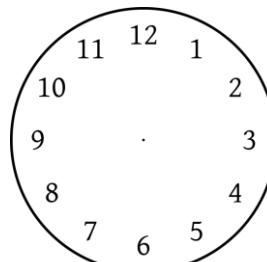
1. Can you work out the clues and write the times for each scheduled item?
2. If training finished 20 mins late what would be the new schedule for the rest of the day?
3. Can you create your own schedule and set times for each task you do in a day?



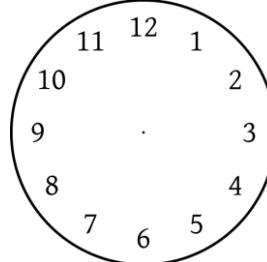
If you don't have a clock or watch to help work out the times, why not draw one on paper and use two pencils as the hands to help solve the clues



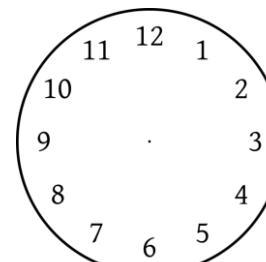
Wake up at 7:45



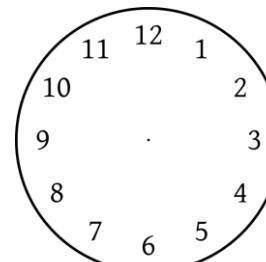
Training finishes after 2 hours 15 mins



Team meeting is 35 mins after press conference



Have breakfast 35 mins after waking up



Lunch is 45 mins after training finishes

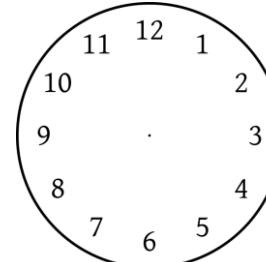
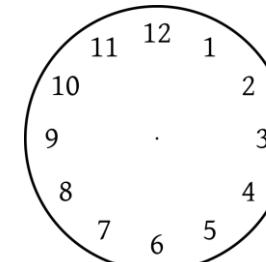
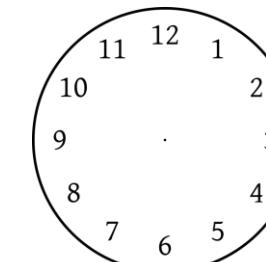


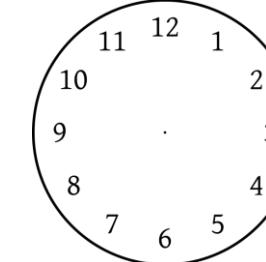
Photo shoot starts 1 hour and 10 mins after meeting



Training starts 50 mins after breakfast



Press conference starts 1 hour 5 mins after lunch



40 mins later you leave for home to rest



De-code the messages



Using the key attached can you complete these exercises to de-code each of these AFC words?
(example: DONS = 4 sit ups, 1 star jump, 7 lunges, 5 star jumps)

1. The Dons
2. Donny the Sheep
3. Pittodrie
4. Angus the Bull
5. Red Army
6. Junior DNA



Why not try making your own codes and try them with your family?

Send me in your codes to @AFCCT on Twitter using #DONlinelearning

A	B	C	D	E	F	G
1	2	3	4	5	6	7

= Sit ups

H	I	J	K	L	M	N
1	2	3	4	5	6	7

= Lunges

O	P	Q	R	S	T	U
1	2	3	4	5	6	7

= Star jumps

V	W	X	Y	Z
1	2	3	4	5

= Squats



De-code the messages



Using the key attached can you complete these exercises with a ball to de-code each of these AFC words?

(example: DONS = 4 toe taps, 1 sole drag, 7 side passes, 5 sole drags)

1. The Dons
2. Donny the Sheep
3. Pittodrie
4. Angus the Bull
5. Red Army
6. Junior DNA



Maybe you have your own skills you could include or adapt this activity for other sports you enjoy doing?

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A	B	C	D	E	F	G
1	2	3	4	5	6	7

= Toe tap

H	I	J	K	L	M	N
1	2	3	4	5	6	7

= Side pass

O	P	Q	R	S	T	U
1	2	3	4	5	6	7

= Sole drag

V	W	X	Y	Z
1	2	3	4	5

= Knee tap

ABERDNA JUNIOR

3 key benefits
of **AberDNA Junior**:



2 FREE TICKETS



**SIGN FOR
THE DONS DAY**



**EXPERIENCES
& EVENTS**



**Be our next signing by joining
AberDNA Junior for free!**

Register now at <https://www.afc.co.uk/aberdna/junior>

By registering your school could be in with a chance of win;

- An Adidas football for every pupil
- Visit to Aberdeen FC training ground Cormack Park



Well done on completing this weeks activities!

Send me your photos / videos of your completed activities!
Post them on social media use the hashtag **#DONlinelearning**

Twitter: @AFCCT

Facebook: Aberdeen FC Community Trust