



Women's
Euros 2022

Brent Schools Pack
(KS1/KS2)

Overview for teachers

This pack contains a range of activities inspired by Brent's partnership with the Women's Euros 2022 and a series of local Brent interviews undertaken for exhibitions in the area.

The pack can be used alone or in conjunction with the fantastic resources on the official [UEFA website](#).

In many cases, activities have been directly informed by the words of the inspiring local women and girls who were interviewed, so please take the time to read through the 'Local Legend' pages with your class!

There are activities suitable for both KS1 and KS2 and all have been designed to link with national curriculum objectives for the following topics: Maths, PHSE*, PE and History.

All activities can be used as a standalone lesson but please note that the quiz at the end is based on the information provided in the pack as a whole, therefore you will need to complete all activities and slides relevant to your key stage before beginning the quiz!


Teacher notes, including curriculum links, how to facilitate or prepare for activities, and useful external links are included in the notes section at the bottom of each slide.

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Slide/s	Activity/Activities	Suitable for	Curriculum Topic
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Slide/s	Activity	Suitable for	Curriculum Topic
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24	Percentages, fractions and pie charts	KS2	Maths and PHSE – Health Education
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A history of women's football in 5 facts...

- Women's football has been played in the UK for more than 100 years. Dick Kerr's Ladies team was formed in the 1890s, making them one of the earliest women's football teams!
- Women's football was really popular 100 years ago! Dick Kerr's Ladies played a match against St Helen's Ladies on Boxing Day in 1920 to a crowd of 53,000 fans.
- But in 1921, The FA banned women's football from its clubs' grounds because they believed that "the game of football is quite unsuitable for females and ought not to be encouraged."
- Women's football finally started to recover 50 years later. The first Women's FA Cup was held in 1971.
- Football is fantastic fun! It had become the top team sport for women and girls in England by 2002.

Local Legend: Fatima Husein

Age: 22

Fact: Former England player Rachel Yankey gave Fatima her first football boots when she was in year 5.

She says: “I actually fully understand why I’m such a happy person when I am able to play, because anything that’s going on during the day – once I get onto that pitch, every single frustration goes into that ball.

When I do leave, I’m leaving with a smile.”



Share your smiles

Smiling

Fatima always leaves the football pitch with a smile on her face. Smiling can help you to feel happy but did you know that your smiles can help other people too? How do you feel when someone smiles at you? What makes you smile?

Your challenge

Your challenge today is to give away 5 smiles. You might decide to give them away in the classroom, the playground or even at home.

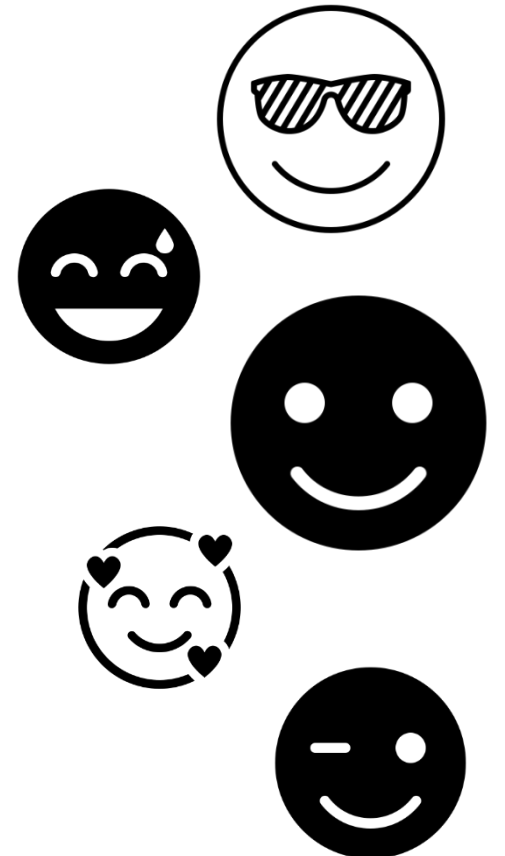
Activity time

Make your 5 smiley faces on paper or card. Colour or decorate them so that they look really special. When they are finished, cut them out so that they are ready to share.

Report back

Share what happened with the rest of your class.

Who did you give them to and why? How did they react? How did it make you feel?



Local Legend: Patience Kavule

Age: 17

Fact: Patience is a volunteer children's football coach in Brent.

She says: "For me personally, I don't really like talking about my feelings, so when I'm on the pitch it's just relaxing, and I can be with my friends. It just makes me feel really at ease."



Smile diary

Smiling

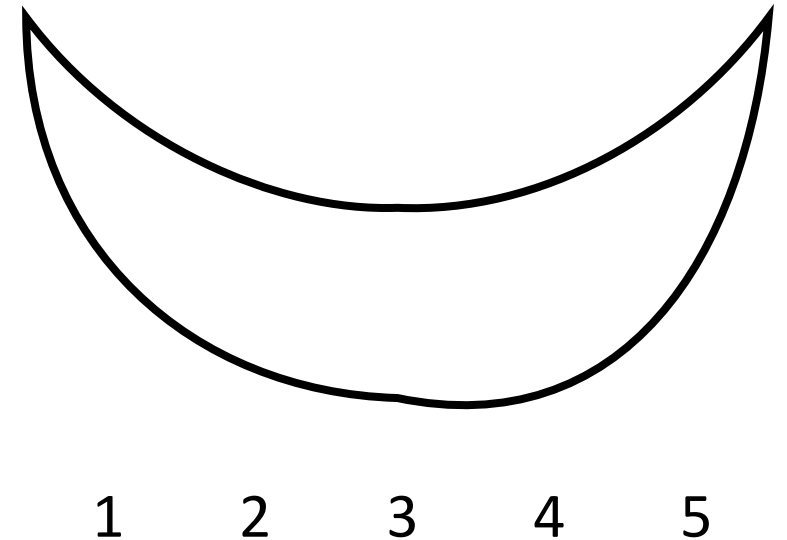
Fatima always leaves football practice with a smile on her face and Patience feels more at ease on the pitch. Smiling is a powerful tool for your body and mind – just like exercise. It can:

- Help control stress and boost your mood
- Make you look and feel confident
- Encourage others to smile back

Your challenge

1. Fold a sheet of paper in half and copy the smile diagram onto the first half. How big is your smile at the beginning of the week? Colour up to that number.
2. Work as a class to brainstorm what makes all of you smile, and some more benefits of smiling. If you have time, you can create eye-catching posters for your classroom.
3. On a new sheet of paper, create your smile diary as a table with 4 column headings: Day/Who did I smile at/How did they react/How did it make me feel.
4. Fill your diary in each day for a week.
5. On the final day, create a new smile diagram next to your first one and record the size of your smile. Has it changed at all? Discuss the experience with the person next to you or as a whole class.

Smile diagram



Local Legend: Eartha Pond

Age: 38

Fact: Eartha has played for Chelsea, Everton, Charlton Athletic and Tottenham Hotspur.

She says: “Strength and conditioning, dieticians, all that stuff that men have, which makes them elite players – when we have these resources, actually the quality and the delivery of the game improve.”



What do female athletes eat?

This may be hard to believe but, as Eartha knows, a lot of Sports Science – including nutrition – is based only on male athletes. As women’s bodies work differently to men’s, a lot more research is now needed to bring us up to date with what female footballers need to eat so that they can get the most out of their performance both in training and during a match.

This begins with breakfast, the most important meal of the day!

“I always eat breakfast as it gives me more energy for training. My favourite is bagel and jam, with a bowl of fruit.” Alex Scott, former England ‘Lioness’ player

The FA have put together a *Nutrition Guide For the Female Footballer* to help women create a healthy diet that works for their high levels of exercise. On the right are examples of different breakfast foods to eat before training. Some have an ‘excellent’ ranking, some are considered ‘good’ and the foods that are listed as ‘unhealthy’ should be avoided where possible! Are they what you expected?

Excellent	Toast and jam Baked beans Cereal and semi/skimmed milk Fruit Fruit juice
Good	Lean grilled ham or bacon Toasted muffins Bagels Boiled, poached, scrambled eggs Yoghurt Crumpets
Unhealthy	Sausages Streaky, fried bacon Fried eggs and bread Hash browns

A lunch to keep you fighting fit!

A healthy, balanced lunch is needed during a full day of training to keep energy levels high. Can you fit these lunch foods into the category that fits best? There are 3 foods for each!

Lunch Foods:

Baked Potato with baked beans
Pizza
Low fat crisps
Chicken sandwich
Chocolate
Pancakes
Burger and chips
Pasta with tomato-based sauce
Jaffa cakes

Excellent	
Good	
Unhealthy	

A dinner fit for a professional

Dinner is the main meal of the day for most female footballers, so they need to make sure it is balanced, high in energy, and low in fat. Can you fit these dinner foods into the category that fits best? There are 3 foods for each!

Dinner Foods:

Grilled fish
Sausages
Fried rice
Pasta bake
Vegetables
Spaghetti
Sweet and sour chicken
Grilled lamb
Cream cakes

Excellent	
Good	
Unhealthy	

Local Legend: Manisha Tailor

Age: 41

Fact: Manisha was a primary school teacher here in Brent before she became a football coach.

She says: “A team setting allows you to develop leadership skills, life skills: cooperation, when to assert yourself, when to step in and demonstrate confidence, but also when to listen, to perhaps step back. Sharing, and turn taking.”

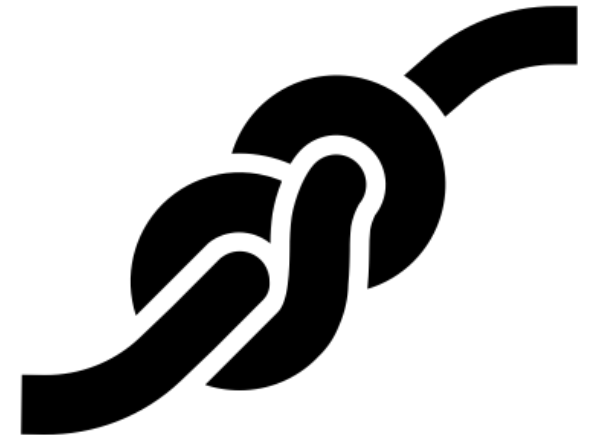


The human knot challenge

Do you think your class are good at working together as a team? Can you communicate to solve problems? It's time to put your theory to the test with the human knot challenge!

Here's how to get started:

1. Split your class into groups of about 8-10 people.
2. Find a space for your group and make a circle so that you are all facing one another.
3. Everyone in your group should now reach their right arm towards the middle and grab someone else's hand. Make sure no one grabs the hand of the person right next to them.
4. Next, everyone should reach their left arm in and grab someone else's hand. ...
5. Now, the fun begins! The goal of the game is to untangle yourselves without letting go of the hands you are holding.
6. After untangling, you should be standing once again in a circle, without any joined hands in the middle.



Team reflection time

“I’m playing a team sport and there’s ten other people with me. So, I never feel lonely or left out, because I’m part of the team.”

Fatima Husein, Local Legend

It’s time to reflect on your own teamwork.

How fast did your group solve the human knot challenge? How did it feel to work together?

What worked well? What didn’t work so well?

Take it in turns to discuss what you might do differently next time, for example:

- If you were a confident communicator this time, perhaps you would take a step back and allow someone else to speak up next time.
- If you worked well as a good listener today, how might you take on a leadership role next time?

Coach says...

“You know those floaty, shoot balls that if you kick them, they go everywhere? If you can control one of those balls you are destined for greatness! And being face-down, trying to get a ball from under a car – it still happens no matter how good you are.”

Eartha Pond, Local Legend

Even Eartha has trouble controlling the ball sometimes, and the girls at Hendon FC Girls are training hard to get lots of height into the ball on their corners. In this game, your aim is to master some of their footballing tricks. But be careful..

You should only act out your move if coach has told you to!

The rules of the game:

1. Nominate your coach – it could be a classmate or your teacher. You might want to take turns.
2. All of the ‘players’ should gently jog around the room/field. Try to weave in and out of each other – don’t move too far apart and try not to form a circle! You should be randomly dodging and weaving.
3. When the coach shouts an instruction beginning with the words ‘Coach says’ you must find a space and act out your move as soon as possible! Have a few practice runs until everyone has the hang of all the moves and then move to the next slide for the next set of instructions...

Coach says...

1. When you are ready to start playing properly you must listen to the instructions carefully. If the coach doesn't begin with 'Coach says' you should just keep moving! Try to keep as quiet as you can so that you can hear the coach. They may try to trick you!
2. If you get it wrong, the coach will pretend to show you the red card and you must go to the side and wait for the next game. If nobody gets it wrong, the coach should show the red card to whoever is last getting into position.
3. Keep going until there is a winner, then nominate a new coach and start again!
4. You can add more moves of your own to the list.

Moves:

Rescue the ball – wriggle along the ground to fetch the ball from underneath a car

It's a corner – kick the ball from the corner, aiming it as high as you can by stretching your foot into the air

Defend the goal – make your body fill as much space as possible – really stretch out!

Tie your laces – get down onto one knee and tie your football boot up

Fitness frenzy – jog up and down on the spot as quickly as you can

Floating ball – try to keep a floating ball under control using your head and your feet and lunging or jumping to keep it in the air!

Local Legends: Hendon FC Girls

Name and age of player:

Ellie, 10 years-old

Fact: Ellie started playing football when she was only 4!

She says: “I can’t imagine my life without football. It’s really important to me. If I’m happy, I play football. If I’m sad, I play football.”





Football focus

Football is so important to our local legends, but they wouldn't get anywhere without the ball itself!

Football fact file:

- Versions of ancient footballs were around as early as 300BC!
- The Greeks and Romans would have kicked an animal skin sphere between two sets of poles.
- In Medieval Europe, pig bladders were inflated with air and players were required to keep the ball in the air by kicking and punching it.
- We actually carried on using pigs' bladders inside our balls until 1862, when the first inflatable rubber bladder was made!
- Footballs came in all shapes and sizes until the FA made a rule about exactly what weight they should be in 1872.



Shapes challenge

Look carefully at the football in the picture.

There are two different shapes in the pattern. One is black and one is white.

How many sides does the black shape have?
Do you know what the shape is called?

How many sides are there on the white shape?
What name do we give this shape?

Does anybody know the name for the 3D shape of the ball?

What is the difference between 2D and 3D?

Hexagon happiness

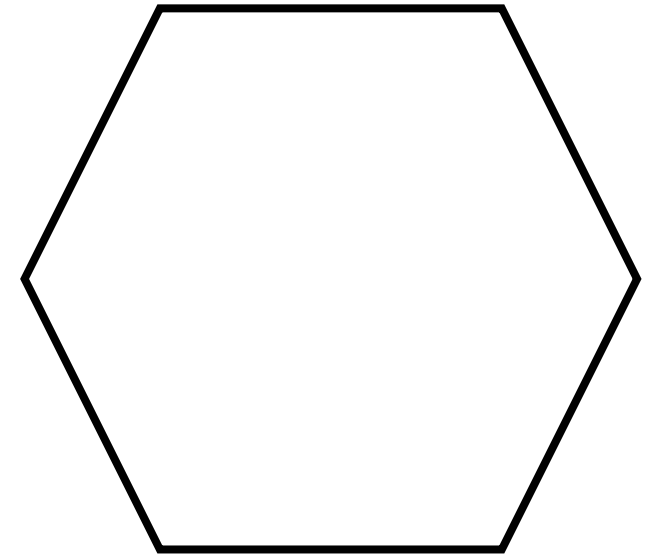
Now that you are shape experts, it's time to put your knowledge to the test!

You might have worked out that the white shape in a football is called a hexagon. Is there anywhere else that we often find a hexagon shape? Clue: look at the picture!

Activity:

See if you can use a hexagon template to master the art of tessellation. This means drawing around your template again and again to make a pattern, so that they all slot together like a jigsaw puzzle.

Keep joining and joining them together until you run out of space on your page – it should look a bit like the honeycomb! Decorate your tessellated hexagons with colourful designs to create a new football pattern.

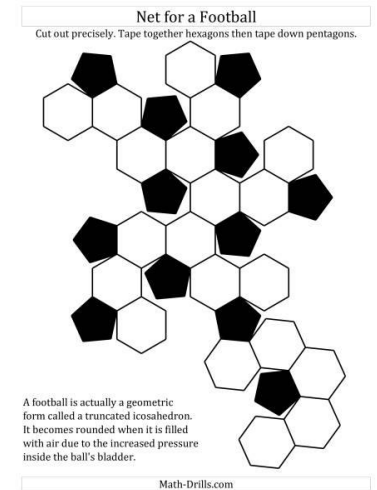
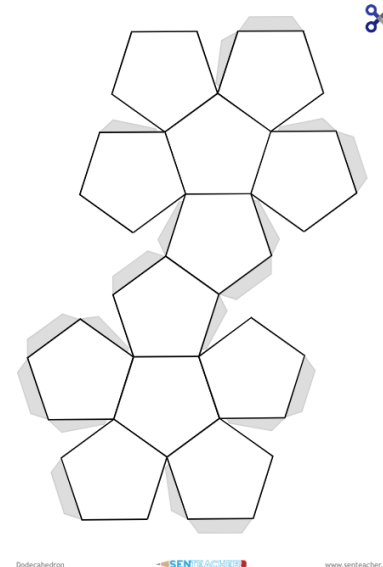
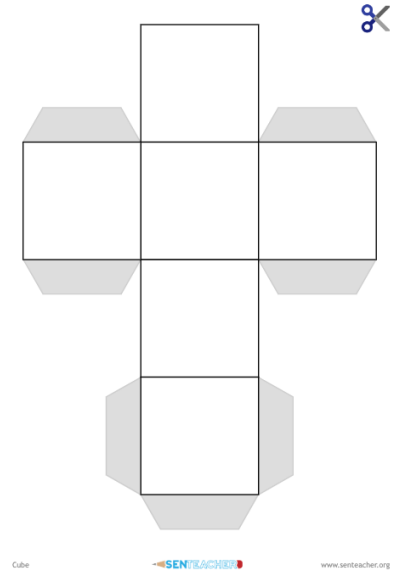
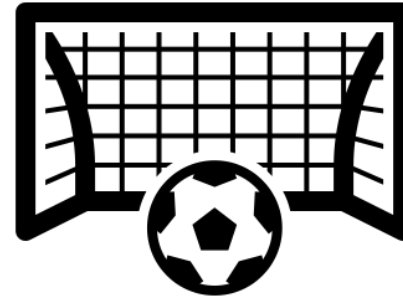


In the net

A football is actually a very complicated shape called an icosahedron.

Look closely at a real football and see if you can count the number of faces, edges and vertices needed to make up this shape.

When you are feeling more familiar with the shape have a go at making one of the 3D nets. You might want to start with a simple cube and work your way up to an icosahedron if you are feeling more confident.





The nutritional pie

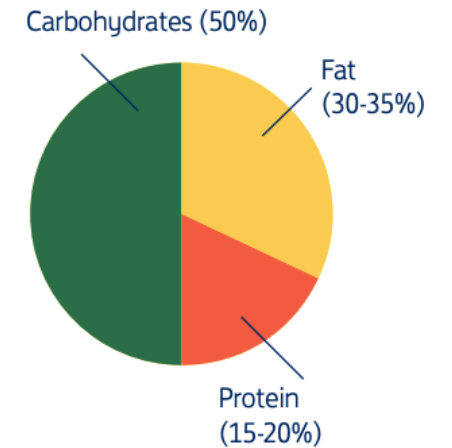
The diagram shows a healthy diet for a normal adult, which consists of 50% Carbohydrates (for energy), 30-35% fat and 15-20% protein.

However, a female footballer needs slightly different amounts to perform to the best of her ability. Can you create a new nutritional pie chart to display the following recommended amounts for a female footballer:

Carbohydrates: 70%
Fat: 15%
Protein: 15%

Maths extension activity: can you convert these percentages to fractions for both diets?

PHSE extension activity: Research the function of carbohydrates, fats and protein in our diets.



Average Healthy Diet

The Timeline Challenge: Instructions

KS1 Instructions

There are 5 facts and 3 images on the next 2 slides. They are numbered 1-8. See if you can work out which of these times each one belongs in:

- In the past/ A long time ago (more than 50 years)
- Recently/ When my parents were children (around 20 years ago)
- Now/today

You might even decide to make a timeline in your classroom with the 3 different periods in time.

KS2 Instructions

There are 5 facts and 3 images on the next 2 slides. They are numbered 1-8. See if you can make a human timeline to represent the facts:

- Decide which end of your classroom will be the most distant past and which end will be the present day.
- Divide your class into 8 groups and assign each group a fact number from 1-8.
- Make a human timeline in your groups, beginning with the oldest event and ending in the most recent?

Extension activities:

Add the facts from slide 5 and slide 20 into your timeline or brainstorm some possible future events in women's football.

The Timeline Challenge: Facts

1. When Manisha was a child in the 1980s, she didn't see women who were Black or Asian playing football.

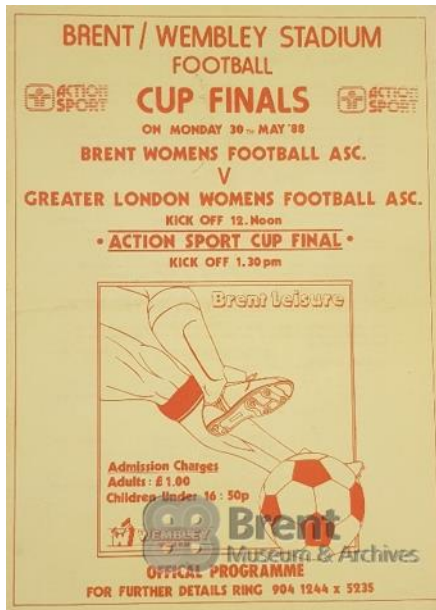
2. Now, Manisha's uncles talk to her about watching women's football on TV!

3. In 1994, when Eartha was 10, she began playing football for the local boy's team because there were no clubs for girls. Many of our local legends had the same issue.

4. The Brent Schools Football Association began in 1966, giving school children in Brent the chance to play football.

5. However the football was just for boys. The Brent Schools Football Association only started to provide football training to a girl's teams in 2016.

Timeline Challenge: Images



6. On 30 May 1988, Brent Women's FA played in the Action Sport Cup Final.

7. Wembley Stadium hosted the women's football final at the London 2012 Olympics.



8. This newspaper article is about matches played by Willesden Ladies FC in the 1970s.



Quiz Time!

It's time to test your new knowledge about local women's football with a Quiz!

Split into teams or tables so that you can work together on your answers.

Make sure you have some paper and something to write with. You might want to nominate someone to write your answers down.

There are 3 rounds in the quiz: History, Health and Fitness and Local Legends. Each round has 4 questions.

When you have finished, swap your answers with another team before you click to the answers slide. Your score should be out of 12!

Round One: History

1. Until 1862, what was used inside footballs to keep them inflated?
2. Why did many of our Brent local legends play boys' football when they were younger?
3. True or false: The FA banned women's football from its clubs' grounds for 50 years.
4. Dick Kerr's Ladies vs St Helen's Ladies on Boxing Day in 1920 was a popular match. Can you remember how many people came to watch? Was it:
A. 530 B. 5,300 C. 53,000

Round Two: Health and Fitness

1. Which of the following foods makes an excellent dinner for a female footballer?

A. Sausages

B. Grilled fish

C. Pasta bake

2. Can you name one skill you use when you work as a team?

3. Why is it important to eat breakfast before training?

4. True or false: Exercise is good for your mind as well as your body.

Round Three: Local Legends

1. No matter what has happened during the day, Fatima always leaves the football pitch with one positive thing. Can you remember what it is?
2. Who in Manisha's family has now started talking to her about watching women's football on TV?
3. True or false: Eartha believes that good nutrition improves the quality and delivery of a football match.
4. Which of the following did Manisha NOT see when she was growing up?
 - A. Men playing football
 - B. Black or Asian women playing football



Quiz Answers

History

1. Pigs' bladders
2. There were no girls' teams
3. True!
4. 53,000

Health and Fitness

1. Grilled fish
2. Leadership/Confidence/Listening/
Sharing (or any other good answers!)
3. It gives you energy!
4. True

Local Legends

1. A smile!
2. Her uncles
3. True
4. Black or Asian women playing
football