

INTRODUCING THE SCHOOL OF SPURS!

With schools across the UK now closed and many children stuck at home during the current COVID-19 pandemic, we're aware many parents and guardians will be scratching their heads at how they can keep their young ones entertained during this period.

The School of Spurs is here to help!

WHAT'S INCLUDED:

- Family-friendly workout suggestions
- Spurs-themed word searches and crosswords
- The chance to learn more about the history of our Club
- Creative writing and artistic tasks
- The Spurs Times Tables

Not only is the content intended to be fun and entertaining for juniors, we hope it is also educational – touching on themes including English, Maths and History.

We're keen to hear feedback from parents and children alike, along with any suggestions for further activities we could release for youngsters during this challenging period.

Share your suggestions and any pictures and videos of your juniors taking part in the Schools of Spurs on social media, using the hashtag #SpursAtHome – we'll aim to share as much as we can.

We hope you find this useful and enjoyable.



WARMUP LIKE SPURS

- P.E kit
- Yoga mats/blocks (optional)

20 MINS

TOP TIP Make some space in your living room or bedroom

AIMS / SKILLS To understand how important a warmup and a cooldown is when exercising.

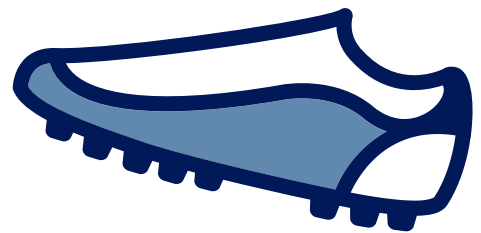
DID YOU KNOW?

If you've ever been to a football match, you may have seen the teams warm up out on the pitch before the game and cool down afterwards. At Spurs, players can also warm up and cool down behind the scenes in the 'Warm Up Room'.



1. First, we need to Stretch like Sonny (Heung-Min Son) to make sure our muscles are ready for exercise. Start with the bottom of the body, stretching each necessary area for around 20-30 seconds.
2. Now it's time to try out our fun exercise suggestions inspired by our First Team squad. Move around the space at a steady pace – keep safe!

Dance Like Dele
Jump Like Harry
Handle like Hugo
Tackle like Toby
Sprint like Sissoko.



Think about what muscle groups are being used for each action (e.g. what muscles does it take for us to jump high)? How is this different/the same when we are trying to catch a ball?

3. After you've done enough exercise it's time to be As Cool as Lo Celso and start to cool down. This part is a very slow working of muscle groups, up and down, like your warm-up. Why do you think it's important for professional footballers to cool down after playing?



STRETCH LIKE SONNY Make sure our muscles are ready for exercise. Start with the bottom of the body, stretching each necessary area for around 20-30 seconds.



JUMP LIKE HARRY Harry Kane is one of our own - he also loves to score a header! How high can we jump?

DANCE LIKE DELE Show off your dance moves as if you've just scored for Spurs!



HANDLE LIKE HUGO Hugo Lloris also jumps high, but as a goalkeeper, he can use his hands. Pretend you're catching a cross on your jump!

TACKLE LIKE TOBY Toby Alderweireld is great at tackling and clearing the ball. Kick the air as if you're kicking a ball upfield!



SPRINT LIKE SISSOKO Moussa Sissoko is renowned for his quick bursts of pace. Sprint on the spot for 5 seconds as fast as you can!

BE AS COOL AS LO CELSO It is vital to warm down after exercising, just like the Tottenham Hotspur first team!

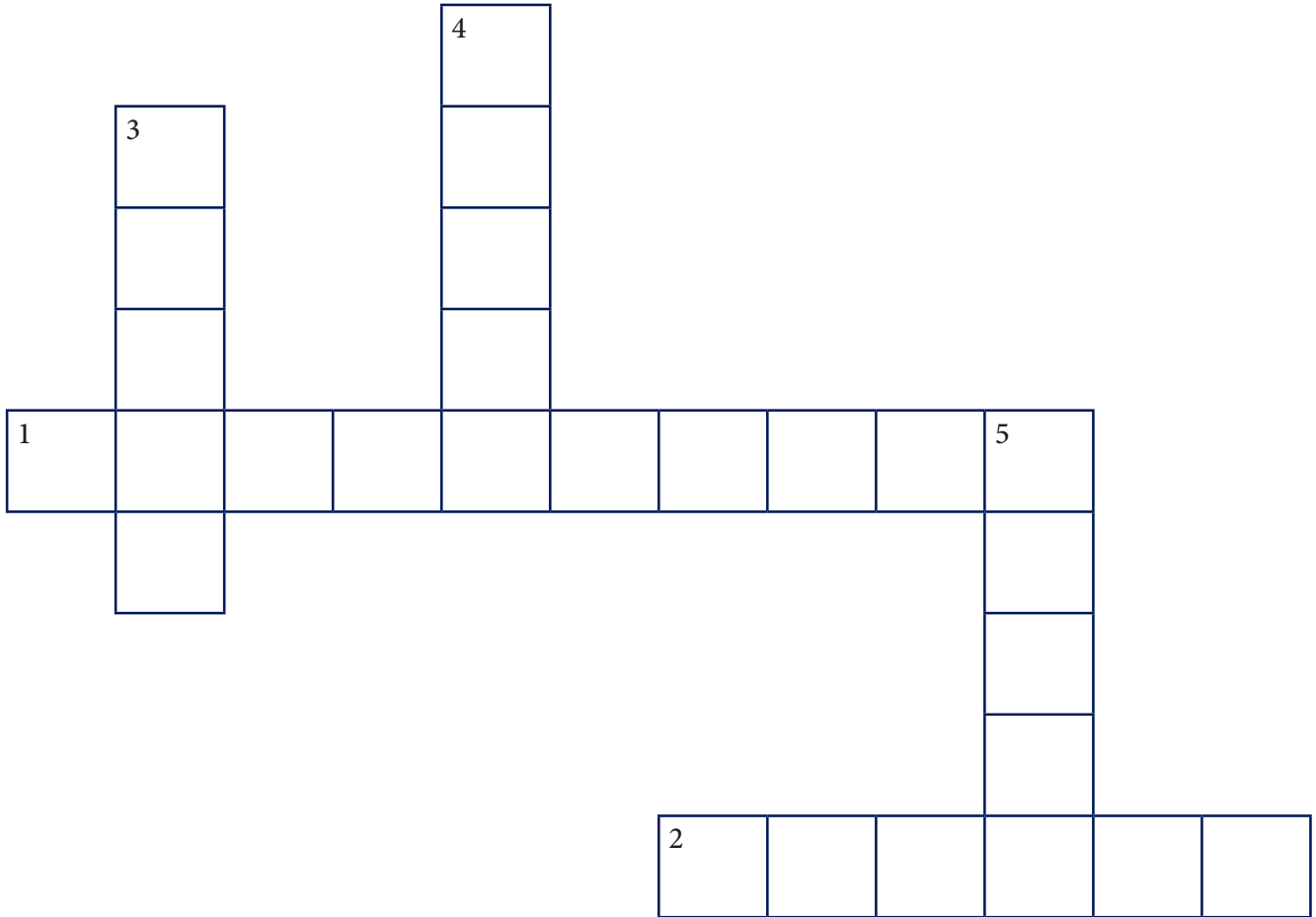


HEALTH & WELLBEING CROSSWORD

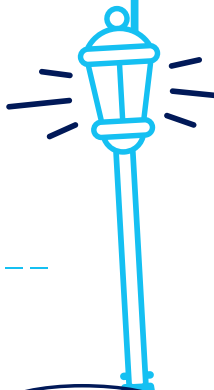
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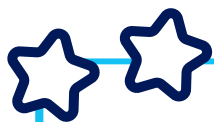
DID YOU KNOW? Before any game the first team squad consumes around 20L of liquids including water, around 6.5L during the match and around 8L afterwards. That's nearly 35L worth of liquid for the squad every game and therefore 1311L per Premier League season. That's nearly enough to fill up the ice bath in the home changing room!

Complete the crossword puzzle! Each question is related to health, wellbeing and Tottenham Hotspur!



- 1 Broccoli and carrots are a great food source for football players. They are _____
- 2 Tottenham Hotspur's Mascot is called _____
- 3 The ocean is full of it and it's vital to a player on a matchday? _____
- 4 We should be trying to have 5 portions of this a day. Think apples and oranges _____
- 5 Too much of this can be bad for you - but a player will need some for energy on a matchday? _____
(Think 'Cane' but not Harry!)





BUILD YOUR OWN CLUB

-Pencils/colouring pencils

30 MINS

TOP TIP Feel free to relate to a relevant topic you are learning at school

AIMS / SKILLS To learn how Tottenham Hotspur was founded and to learn more about inspirational individuals.

DID YOU KNOW? Tottenham Hotspur was founded in 1882 when three young people who played cricket together for Hotspur Cricket Club decided to play football in the winter months to stay in touch. Legend has it, the first meeting took place underneath a gas-lit lamp post on Tottenham High Road just yards from where the Tottenham Hotspur Stadium sits today. The name Tottenham Hotspur is inspired by Henry Percy – a famed medieval knight who earned the nickname 'Harry Hotspur' for his bravery in battle.



What would you and your friends name your own football club? What would your values be? What would you name your stadium? Now's your chance to be just like Tottenham Hotspur's founder, Bobby Buckle, and create a brand-new football club based on a famous person from history!

INSTRUCTIONS

1. Spend 15-20 mins researching and discussing a famous person from history
2. Complete the activities on the next page





BUILD YOUR OWN CLUB 1

TEAM NAME

What is the name of your newly formed club? Try and link it to a geographical location as well as your famous icon, just like Tottenham Hotspur!

MASCOT NAME

What is the name of your mascot? Tottenham Hotspur's mascots are Chirpy and Lily. Chirpy is a cockerel – just like the one on the Club's crest.

STADIUM NAME

What are you going to name your new stadium?
Could you honour your famous icon by naming it after them?

BUILD YOUR OWN CLUB 2

What are three values of your newly formed club?

Values are the *principles that help you decide right from wrong.*

Example – I want our club to always be inclusive

1

2

3



BUILD YOUR OWN CLUB 3

- Pencils/colouring pencils
- Scissors

20 MINS

TOP TIP Take inspirations from the history of Tottenham Hotspur's crest (overleaf)

AIMS / SKILLS Design a crest for your new Club based on your team name and values



THE HISTORY OF THE TOTTENHAM HOTSPUR CREST

THE ORIGINAL

- When Tottenham Hotspur played with this shield, they would have been playing on the Tottenham marshes, very close to where the stadium is today, before moving to White Hart Lane, the former Spurs stadium
- This historic logo now has a place within the new stadium within an area called 'The H Club'



THE COCKEREL

- First worn in the 1921 FA cup final – Spurs beat Wolves 1-0!
- Inspired by Harry Hotspur (who the Club gets its name from) and a fighting cockerel with spurs on its heels
- A number of variations of this crest were used over the coming decades, with the cockerel taking many forms
- The cockerel remains part of the Club's crest today



THE COAT OF ARMS

- This crest featured on Tottenham Hotspur kits between 1997 – 1999.
- It links to the heritage of the local area in Tottenham. The turret in the top left represents Bruce Castle, the top right represents the trees of Seven Sisters and the two lions represent Northumberland, where the Percy family who inspired the Club's name were originally from.
- Audere est facere is Tottenham Hotspur's motto in Latin. It means To Dare Is To Do!



THE PRESENT DAY

- Spurs updated its crest in 2006 and it has been the same since. In the 2017 – 2018 season, the badge had a shield behind it (right).
- The historic cockerel remains and now sits on top of an old fashioned football
- There is a giant golden cockerel on top of the Tottenham Hotspur Stadium, representing our Club crest



STADIUM WORDSEARCH

DID YOU KNOW? The Tottenham Hotspur Stadium doesn't just host Tottenham Hotspur football matches - it is the only permanent home outside of the USA of NFL (American football). The football pitch that you see Tottenham Hotspur play on at the weekend can slide into the 'pitch pocket' which is located underneath the South Stand!

Complete the wordsearch. All the words are related to Tottenham Hotspur Stadium!

WORDS

- CHIRPY
- STADIUM
- COCKEREL
- FAN
- SOUTHSTAND
- PITCHSIDE
- SPURS
- DRESSING ROOM
- FOOTBALL
- BUILDING
- STRUCTURE
- DESIGN
- SPORTS
- ATRIUM
- DUGOUT

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





SPURS TIMES TABLES

-Pencils/colouring pencils
-Scissors

20 MINS

TOP TIP Think about activities you've been doing in your maths classes

AIMS / SKILLS Using Tottenham Hotspur players past and present to brush up on your times tables

Can you learn your times tables using Tottenham Hotspur player shirt numbers?

E.g. Heung-Min Son x Harry Kane = 70. Heung-Min Son wears the number 7 and Harry Kane wears the number 10 so if we multiply their shirt numbers it equals 70!

Cut out the players with their numbers to mix them up to learn your times tables. Point on the number sheet where you think the answer is.

Some players are Club legends. Could you tell a story from the era that player played in?

HUGO
LLORIS



1

STEPHEN
CARR



2

GARETH
BALE



3

TOBY
ALDERWEIRELD



4

JAN
VERTONGHEN



5

DAVINSON
SANCHEZ



6



HEUNG-MIN
SON



7

HARRY
WINKS



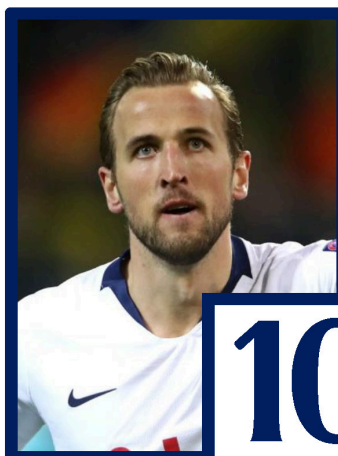
8

JIMMY
GREAVES



9

HARRY
KANE



10

ERIK
LAMELA



11

OSVALDO
ARDILES



12

X

=

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2017



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140
141	142	143	144						



- Stephen Carr wore the number 2 from 1998 - 2004. How much did mobile phones change in that time?
- Gareth Bale wore the number 3 from 2008 - 2012. How much did social media and the internet change in this time? Remember the London Olympics in 2012 too?
- Jimmy Greaves, the Club's record goal scorer is well known for wearing the number 8 but wore 9 from 1964 - 1968. What was technology like in the 1960's? What famous football event happened in 1966?
- Osvaldo (Ossie) Ardiles wore number 12 in 1985. What was music like then? Can you name a famous song from the era?





MATCH REPORT FROM YOUR HOME

- Pencil
- Notepad

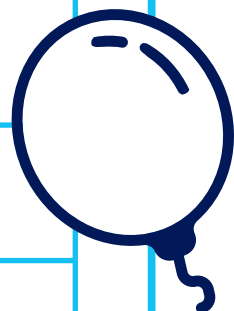
45 MINS - 1 HR

TOP TIP Make notes in your reporters' notepad throughout the day to make sure you don't forget

AIMS / SKILLS Mindfulness, reflection, literacy, imagination

You are a football journalist and it is your job to report on your past day as if it were a 90-minute match with extra time and penalties. What happened in the early part of the day? Were there any goals (high points) of the day? Who was responsible? Any own goals (things that you didn't enjoy!)?

Pre match meal: breakfast:	
Pre match warm up: early part of day	
First half: morning until lunchtime	
Half time: what did you eat for lunch?	
Second half: afternoon	
Extra time: evening	
Penalty shoot out: who are your 5 best friends to take them?	
Post-match interview: Sum up the day in a few words with some highlights	





FOOTBALL MEMORY GAME

- Pencil
- Paper

30 MINS

TOP TIP You can compete against a family member

AIMS / SKILLS Memory, literacy, spelling

Test your memory skills with football related items.

Print off the items below and see how many you can remember after looking at them for a minute and write them down.

Be sure to repeat to see how you can improve time after time.

For KS1 this is a good opportunity to progress spelling.





Share your experience on social media using the hashtag **#SpursAtHome**