

CANADA SOCCER

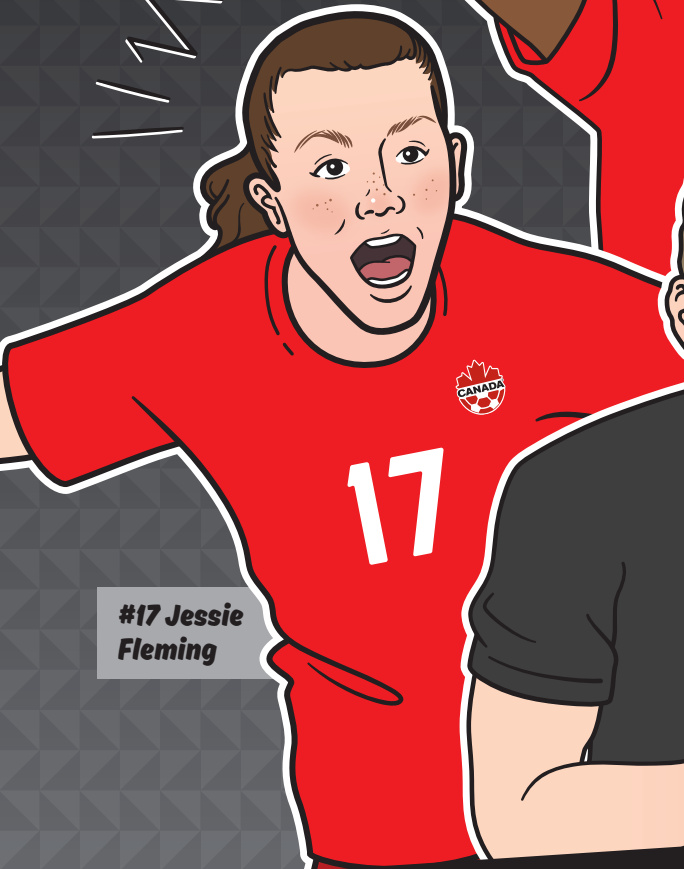
# PLAYBOOK!

Activities for Grades 3-5

#3 Kadeisha Buchanan



#17 Jessie Fleming



#10 Jonathan David



#2 Alistair Johnston





If you'd like this book in a different language scan here!



# JOIN THE TEAM!

Choose your jersey number!

Respect is a core value for our team. Write a word that begins with each letter below to describe what respect means to you.

**R**  
\_\_\_\_\_  
**E**  
\_\_\_\_\_  
**S**  
\_\_\_\_\_  
**P**  
\_\_\_\_\_  
**E**  
\_\_\_\_\_  
**C**  
\_\_\_\_\_  
**T**  
\_\_\_\_\_



Imagine yourself as a national team player and design your Team Canada kit!

## What makes you great?

Each player on a team helps out in different ways. Colour in the circle for each of the skills that you bring to your team!



I can be a helper to my friends and classmates.



I can be the first one to the ball.



I can share my thoughts and feelings.



I can dribble in the air using my knees and feet.



I can dribble with the ball.



I have lightning fast reflexes.



I can be a good active listener



## Jonathan David #10

Since his senior team debut in 2019, David has earned several honours including the record for most Canada senior international goals in a single year with eight. He was also named the Canadian Men's Player of the Year in 2019.

# Your Starting 11

Write the names of your closest friends and teammates to make up your starting 11. Then write the number next to each person's name in the circle for the quality that suits them the most.

<input type="radio"/> Dependable	<input type="radio"/> Athletic	<input type="radio"/> Helpful
<input type="radio"/> Hilarious	<input type="radio"/> Generous	<input type="radio"/> Fast
<input type="radio"/> Creative	<input type="radio"/> Caring	<input type="radio"/> Patient
<input type="radio"/> Talented	<input type="radio"/> Honest	<input type="radio"/> Positive

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_

## GET SET!

Check off any fitness goals below that you'd like to achieve, then write some of your own!

- Participate in a race or fun run.
- Do something active every day for a week.
- Drink more water.
- Try out a new sport or activity.
- Go for a walk with a parent or friend.

Write in your own ideas below! 

## Fruit & Veggie MATH!

Use the key to solve these tasty sums!








**A**  +  - 2 =

**B**  + 4 +  =

**C** 9 -  +  =

**D**  -  - 1 =

### KEY

-  = 1
-  = 2
-  = 3
-  = 4
-  = 5
-  = 6
-  = 7

ANSWERS: A. 3 + 5 - 2 = 6, B. 6 + 4 + 4 = 14, C. 9 - 1 + 5 = 13, D. 7 - 2 - 1 = 4.



# Write a letter!

Help cheer on our national teams by writing a letter showing your support!




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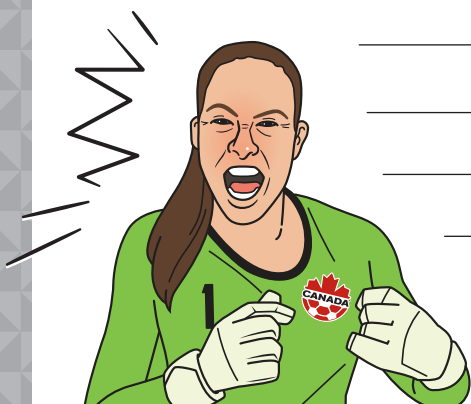
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#1 Kailen Sheridan

Mail to:  
Canada Soccer  
237 Metcalfe Street  
Ottawa, ON K2P 1R2

## Trivia Time!

Can you answer these trivia questions? **Hint:** you can go to Canada Soccer for help with some of these questions! And while you're there, don't forget to sign up for a CanadaRED subscription to stay up to date with games, tournaments, merch drops and more.

- 1 How many goals did Christine Sinclair score during her legendary international career?  
A: 190   B: 99   C: 86
- 2 Canada has more \_\_\_\_\_ than any other country.  
A: Mountains   B: Lakes   C: Waterfalls
- 3 What is the Canadian soccer supporters club named?  
A: Big Red   B: Club Canada   C: The Voyageurs
- 4 How many bathtubs could Niagara Falls fill every second?  
A: 27,531   B: 20,104   C: 16,833



- 5 What position does Maxime Crépeau play?  
A: Forward   B: Goal Keeper   C: Full-back
- 6 Which CanWNT player is nicknamed "The Destroyer"?  
A: Janine Beckie   B: Desiree Scott   C: Jessie Fleming
- 7 Who was the first CanMNT player to reach over 100 caps?  
A: Atiba Hutchinson   B: Cyle Larin   C: Samuel Piette
- 8 How long is Canada's coastline in kilometres?  
A: 187,205   B: 46,611   C: 243,042

Answers: 1. A, 2. B, 3. C, 4. C, 5. B, 6. B, 7. A, 8. C.



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