



Premier
Education

INSPIRING
ACTIVITY



SPORTS ACTIVITY BOOK

CRAFTS, BRAIN GAMES, RECIPES AND PHYSICAL ACTIVITIES
INSPIRED BY **NATIONAL SCHOOL SPORTS WEEK** TO KEEP YOU
BUSY, ACTIVE AND ENTERTAINED!



LET'S GET OUR SPORT ON!



Welcome to your fun-filled sports activity book! We hope it brings you lots of enjoyment during National School Sports Week, and beyond!

HIDE AND SEEK

Where: Right here!

When: Right now!

Let's start things off with a fun game of Hide and Seek.

Hidden within the pages of this booklet are mini Premier Education rosettes that need finding!

But how many are there? That's for you to figure out!

Once you've found them all, let us know. Ask a parent/guardian to message us on socials, or send a postcard to our head office. All contact details are on the back of this booklet.

Simply send us your name, age (and contact details if sending a postcard) and how many

FIND ME!



rosettes you've found!

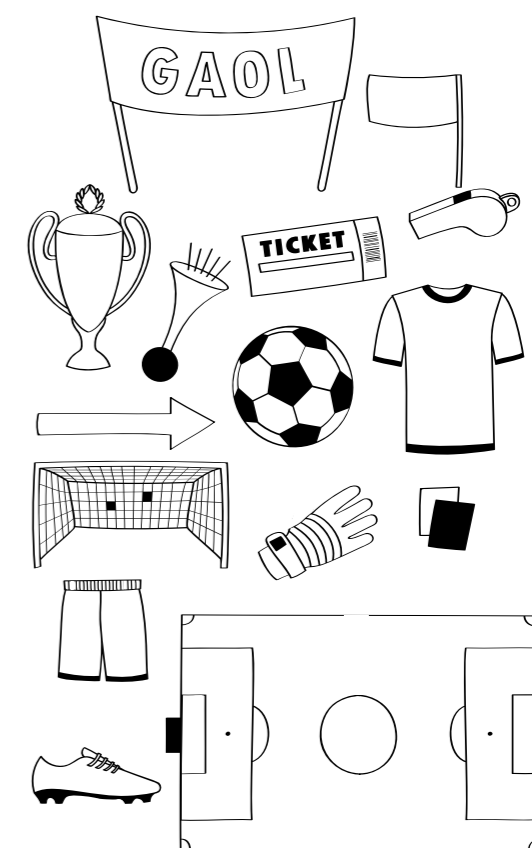
The winners will be contacted directly. **All entries must reach us by 1st September 2023.** **Winners will be contacted by 9th September 2023.**

We have two pairs of fitness dice to give away to the lucky winners!



EYE SPY

Can you find all the differences between these two groups of pictures?



PREMIER HOLIDAY CAMPS

Where: 200+ venues across England

When: School holidays

Premier Holiday Camps are back and better than ever!

With a range of exciting activities every day of the school holidays, there's something to suit everyone.

Our Holiday Camps are designed to help kids get active, introduce them to

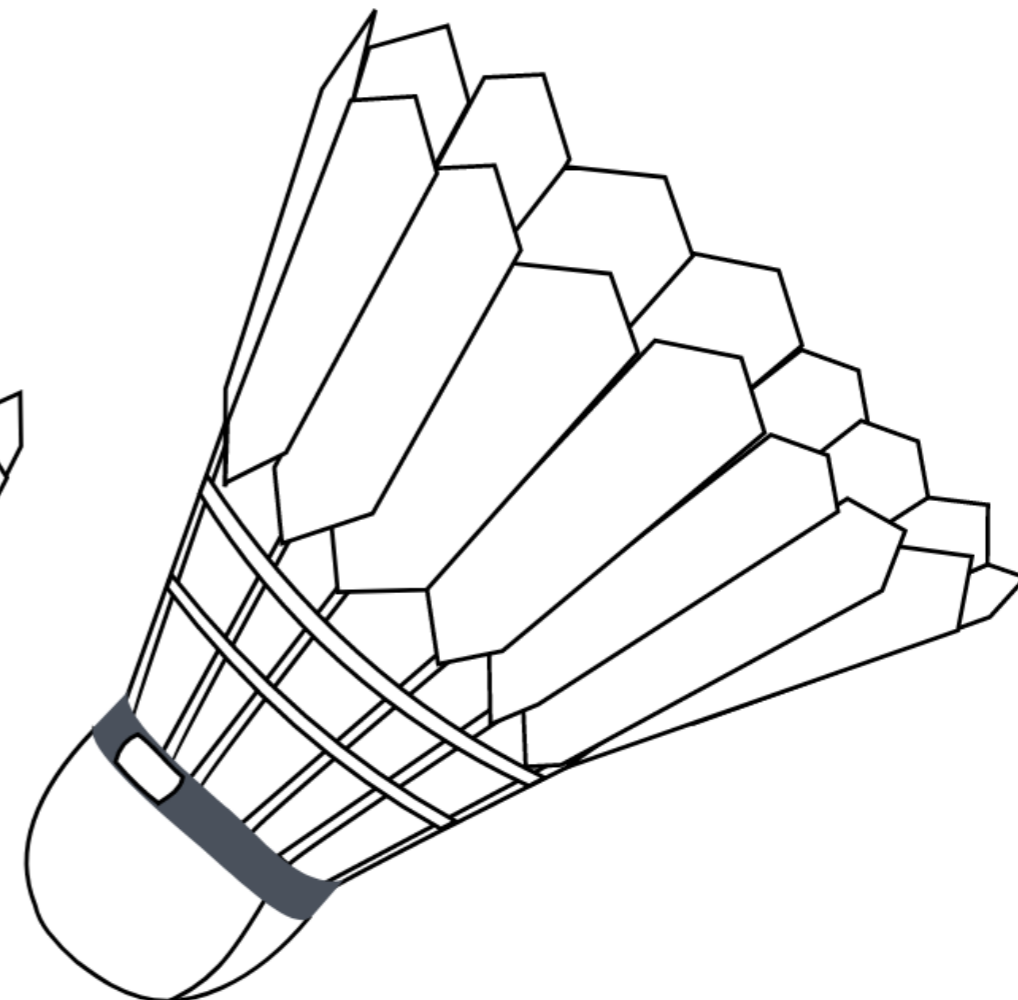
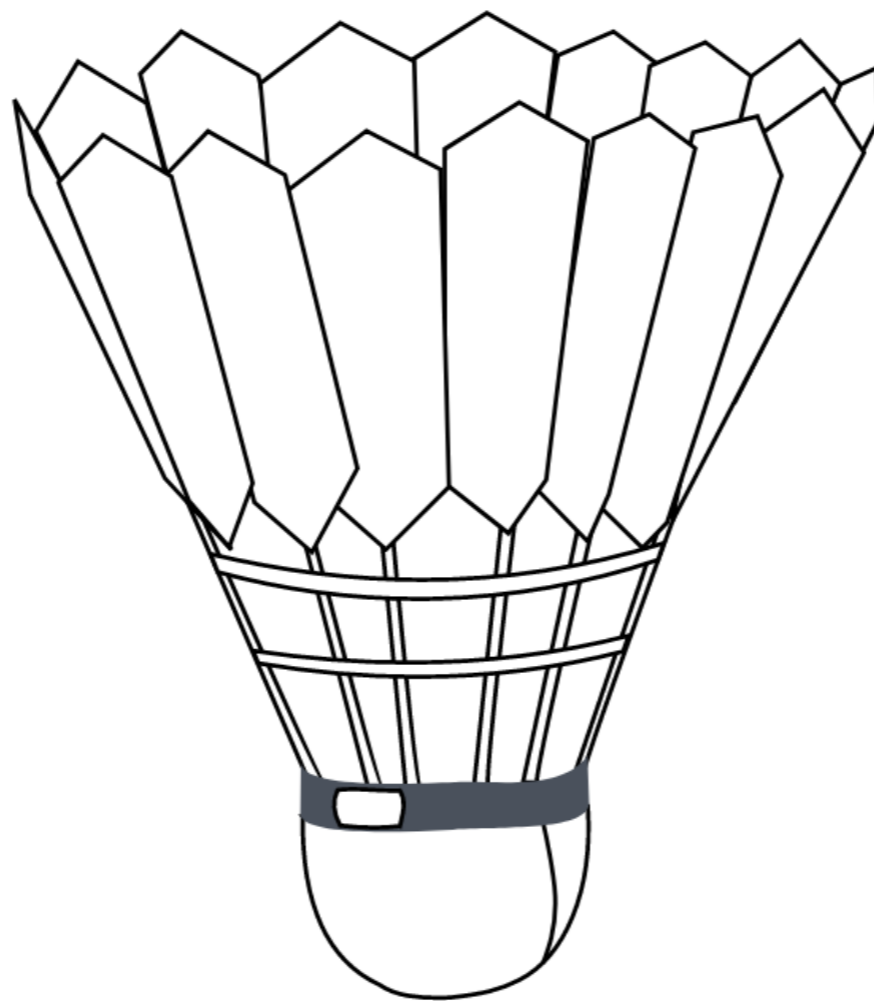
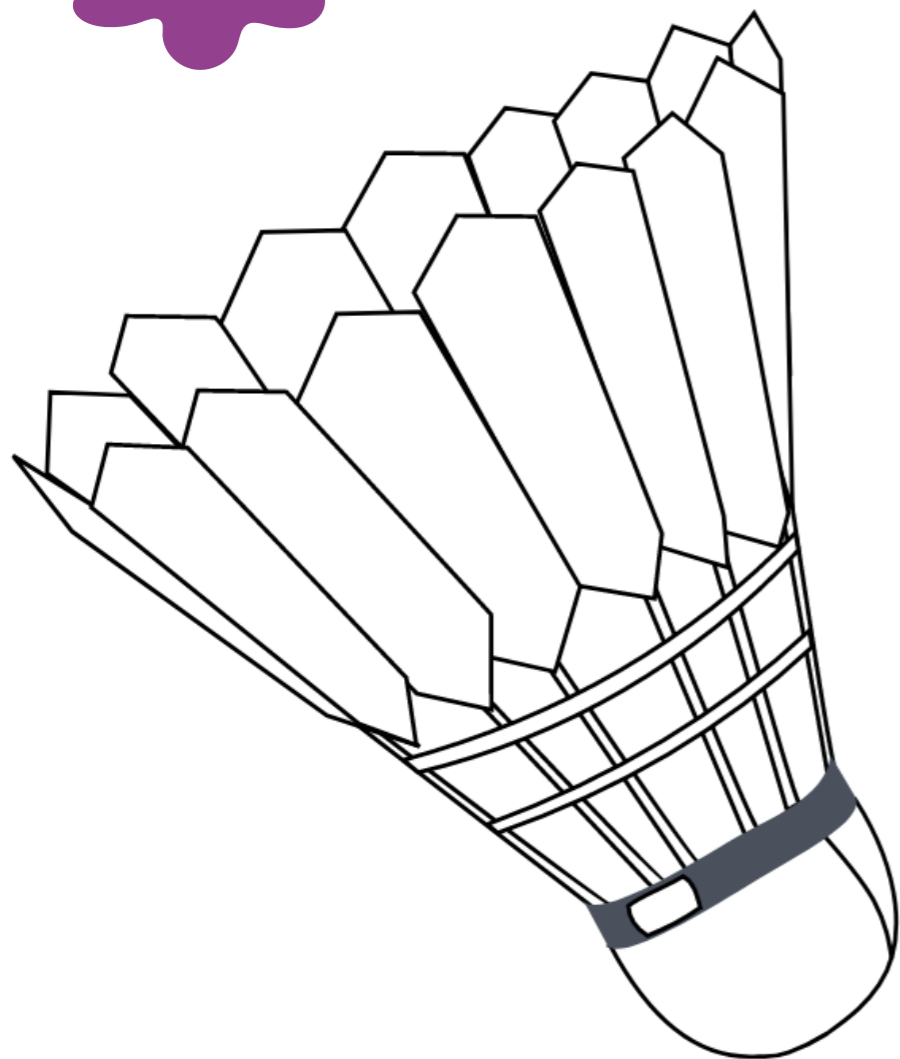
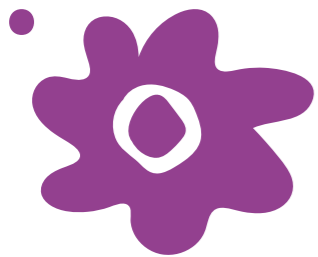
new and exciting activities, and create a fun-filled experience they will remember forever.

Kids will be entertained, safe and on the move during the school holidays.

SCAN HERE TO DISCOVER OUR CAMPS



Let's Enjoy!!



SPORTY COLOURING

Can you brighten up these shuttlecocks?



A FAMILY ADVENTURE

Gather the family and head on outside to explore your local area!

SCAVENGER HUNT

Where: Your local area

When: Any day you choose

Sometimes we can get so 'in the motions' of our every day lives that we stop noticing and appreciating what we have on our very own doorsteps.

You might even be surprised at how much activity is going on around you.

Taking the checklist opposite with you, hit the pavement (don't forget the sunscreen and water if it's a hot day!).

Work together as a team and see how many items you can find.



SPORTING SCAVENGER HUNT

- A FOOTBALL
- A PLAYGROUND
- CRICKET BAT
- A CYCLIST
- A FOOTBALL GOAL
- RUBBISH*
- TRAINERS
- CLIMBING FRAME
- SOMEONE IN A FOOTBALL SHIRT
- DOG WALKER
- BASKETBALL HOOP
- KIDS PLAYING FOOTBALL
- A PARK
- A SKIPPING ROPE
- SOMEONE JOGGING
- ANOTHER FAMILY EXERCISING
- SKATEBOARD
- A FRISBEE

* Ok, so we know this one isn't sporty, but if you find any rubbish, be sure to pick it up and put it in the bin to help keep your community clean!

YOUR SCORE

18



HOT SPOT CHALLENGE

Create your own HIIT circuit and get friends and family to join in too!

Set up three to six different areas around the playground or room.

Assign each area with a different exercise. Examples include jumping jacks, push ups, skipping rope jumps, lifting a football off the floor and holding it above their heads and squat jumps.

Each person picks a starting hot spot.

Using an Interval Timer app, stopwatch (or assisting parent/guardian!) decide on your exercise times and rest times. 30 seconds 'on' and 10 seconds 'off' is a good starting point.

When the time starts, participants should try to do as many of each exercise they can do in the time allowed.

Move to the next hot spot in the rest period.

**To make it more difficult, you can increase the time spent doing each exercise (but make sure to increase the time between each hot spot as well).*



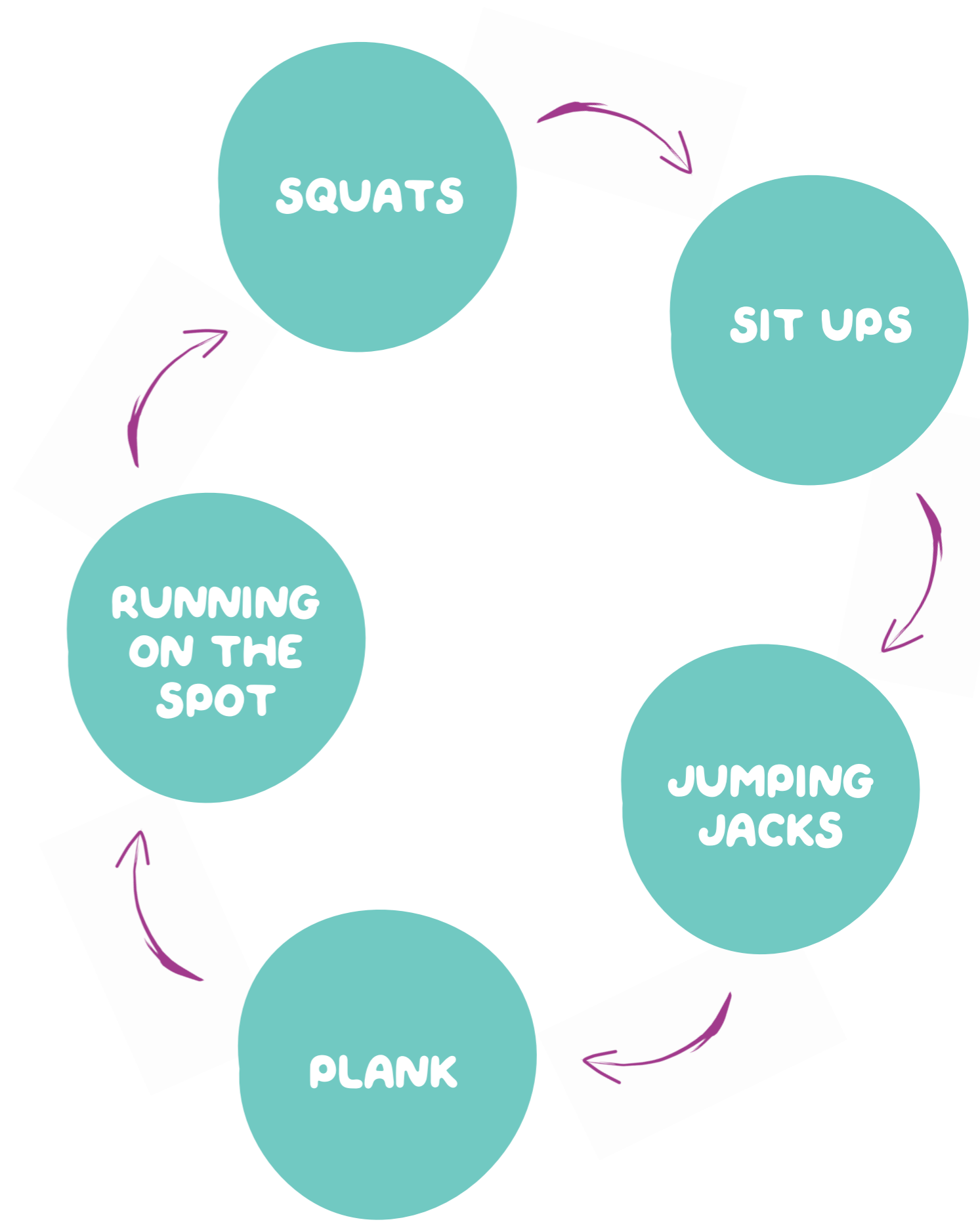
HOT SPOT 1. SQUATS

HOT SPOT 2. SIT UPS

HOT SPOT 3. JUMPING JACKS

HOT SPOT 4. PLANK

HOT SPOT 5. RUNNING ON THE SPOT

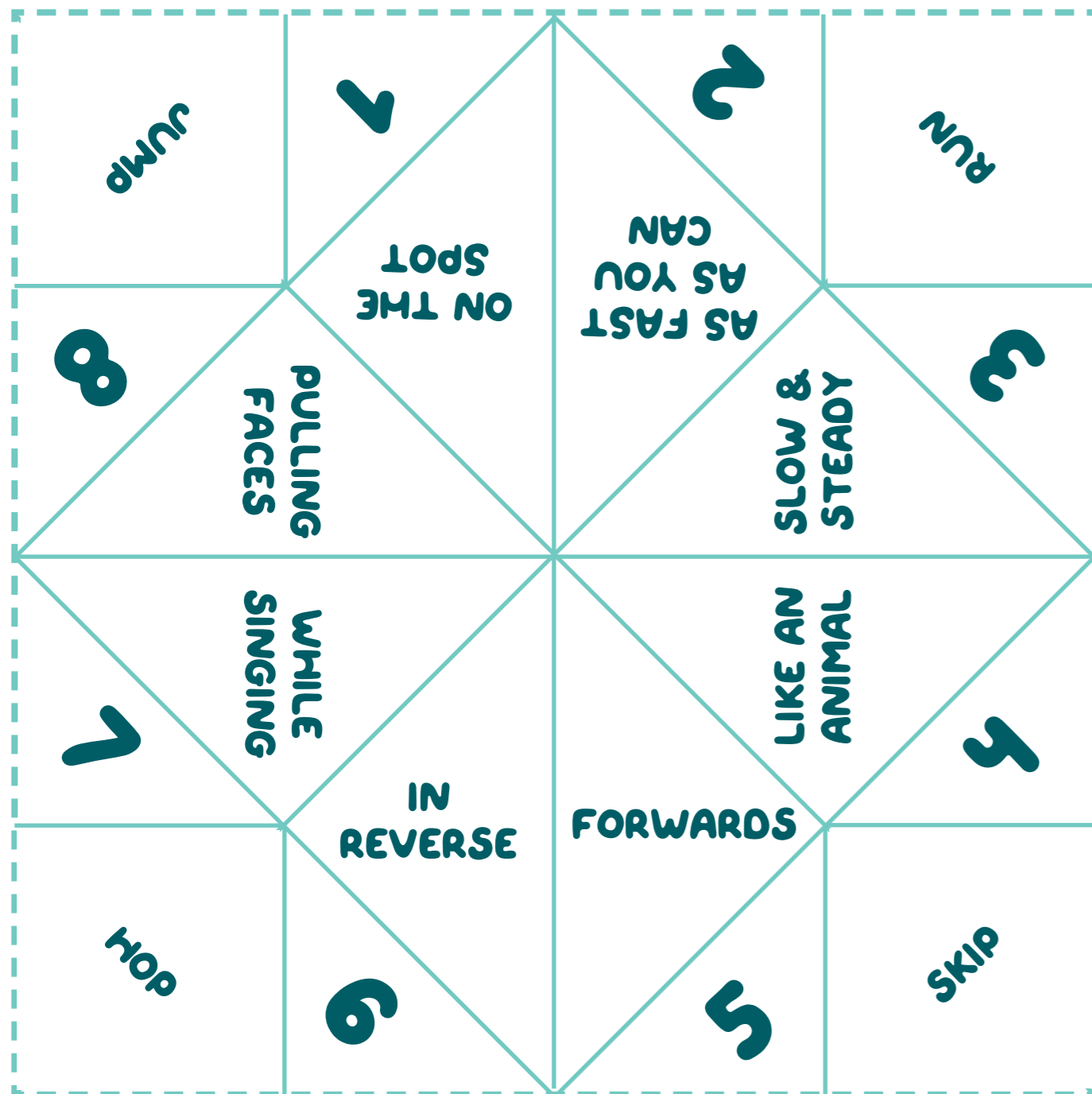


YAY! YOU DID IT!

DIY ACTIVITY FORTUNE TELLER!

No workout will ever be the same again!

This easy-to-make fortune teller will allow you to create exercise sessions that are completely unique!



WHAT TO DO



- plain paper
- crayons or pens
- big brains!
- scissors

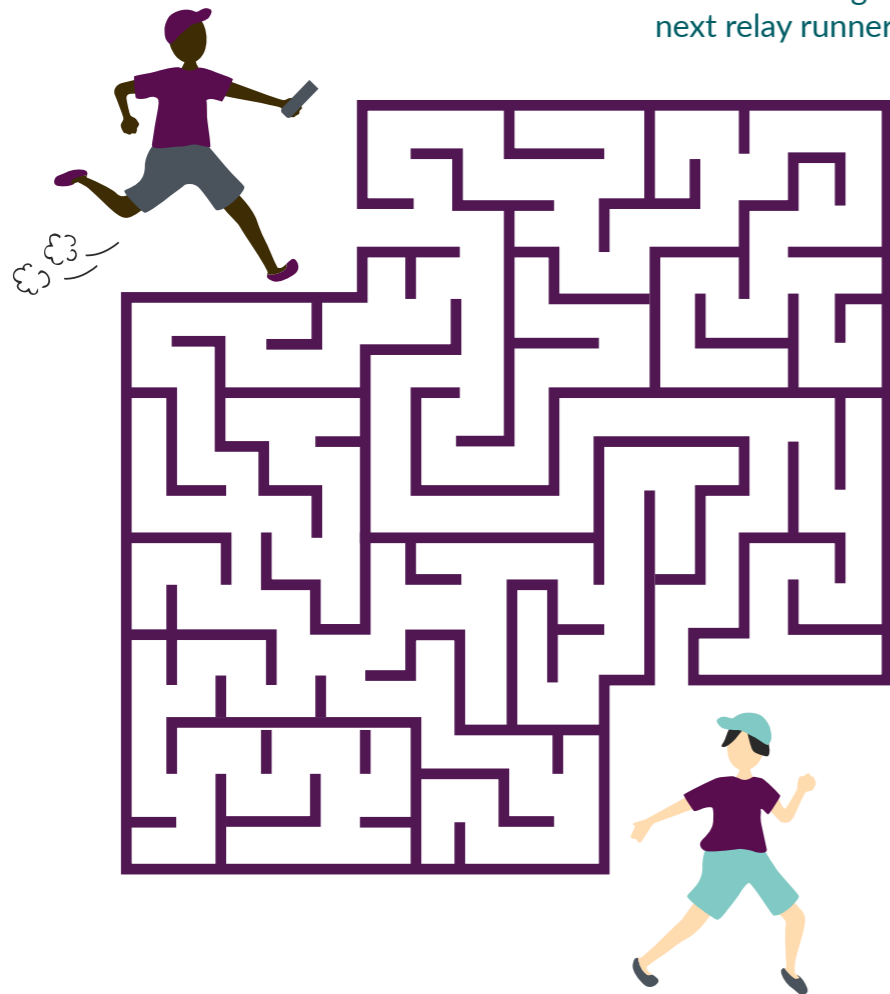
1. Carefully cut out the template on the opposite page, following the dashed lines.
2. With 'right' side facing you, fold bottom left corner up to meet the top right corner. Fold, crease and open again. Repeat with the other side.
3. Turn paper over.
4. Fold all four corners to the middle of the square, using the guide lines on the template.
5. Flip over again. Fold all four corners to the center of the square.
6. Fold any two sides together.
7. Slide your thumbs and fingers under the four different flaps. Rotate your hands and bring your thumbs and index fingers together. Open and Play!

PERSONALISE: Now you've made one with our guide, try making another one but make your own challenges, actions, timings etc.



BRAIN GAMES!

Can you find your way through the maze and get the baton to the next relay runner?



WORDSEARCH

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

FOOTBALL TEAM TEE
 BADMINTON HIT TROPHY
 SKILL CATCH COACH



JUST KIDDING!

What's a golfer's favorite letter?

Tee!

Why are basketball players such messy eaters?

They're always dribbling

Why does someone who runs marathons make a good student?

Because education pays off in the long run!

SPORTY SCRAMBLE

LABLTOOF = _____

MISMWING = _____

KEYCOH = _____

GBURY = _____

LAEOCSSR = _____



REFUELLING RECIPES

After exercising, it's important to fill your body with nourishing and replenishing foods!

To restore your energy tanks, and repair muscles, it's important to eat a mix of healthy carbohydrates and proteins, as well as to drink plenty of water for rehydration. Here are some easy-to-make, health recipes that are great for post-workout snacks!

EGG MAYO SANDWICHES

WHAT YOU WILL NEED*

- 6 hard boiled eggs
- ½ cup of mayonnaise
- salt and pepper
- bread

1. Boil the eggs for apx 8-10 minutes. Rinse under cold water to help them cool after cooking and allow to cool properly before you peel the shell off.
2. Peel the eggs and put into a large bowl. Use a fork or a potato masher to mash the eggs.
3. Add in the mayonnaise and apx ¼ teaspoon of salt and pepper. Mix it all together.
4. Either lightly toast your bread or leave as it is, and add your egg filling.

OPTIONAL. You may have some dijon mustard hiding in the cupboard, adding 2 teaspoons will add some great flavour. You could also add some finely chopped red onion or celery (about ¼ cup of either) to add some extra crunch.



*Makes 4 servings. Use your Maths skills to work out quantities needed for half or double the amount of sandwiches!

PEANUT BUTTER & BANANA SANDWICH

YOU WILL NEED:

- Bread
- Peanut butter
- Banana

1. Grab some bread and spread with a generous helping of peanut butter.
2. Peel and slice a banana. (ask a grown up to help you if needed!)
3. Add some banana slices on top of the peanut butter.

OPTIONAL. Either enjoy as an 'open sandwich' or place another slice of bread on top!

Did you know?... Replacing the more commonly used jam with banana reduces the sugar content and provides additional protein.



GREEK YOGHURT WITH BERRIES

YOU WILL NEED:

- Low fat greek yoghurt
- Selection of berries
- Honey (optional)



1. Place a layer of berries in a bowl.
2. Cover with a layer of greek yoghurt.
3. Add some more berries on top.

OPTIONAL. Add a splash of honey for additional flavour is preferred or maybe some crunchy granola. Choose seasonal fruits to save money, or consider frozen berries instead. Get them out to defrost before you exercise and they should be ready to use when you're done!





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SHARE THE
JOY



We'd love to know how you got on with these activities! Ask a parent or guardian to tag us on socials with your sporty fun!



Premier Education, The Old
Apple Store, Shropham,
NR17 1EJ



@PremEducationUK



@premeducationuk



marketing@premier-education.com



@PremierEducationUK



@PremEducationUK

REFER A FRIEND

We hope you've enjoyed your Sports Activity Book, inspired by all the fun of our Holiday Camps. If you have, why not give a friend 20% off their first booking and receive 20% off your next Holiday Camp booking as a reward!

