



Name	
Age:	
School:	

Physical Activity and Well-being Planner

Mission Statement

Prostars aspires to develop & improve the delivery of physical literacy, with opportunities for all to compete & participate in PE & School Sport.

We have created our Physical Activity Planner for children to complete when they are not in school. Our planner offers a variety of activities your child can complete to help track their progress to leading a healthy lifestyle, being active and to enjoy the holidays!

We hope you enjoy our pack!



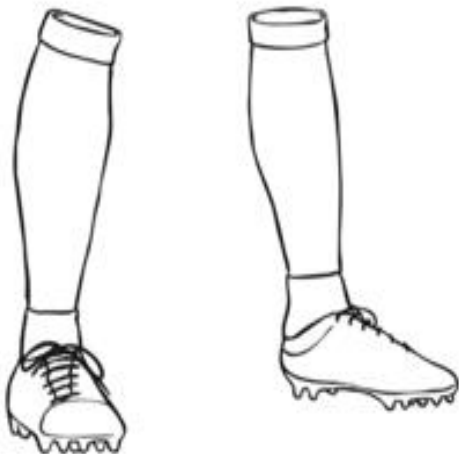
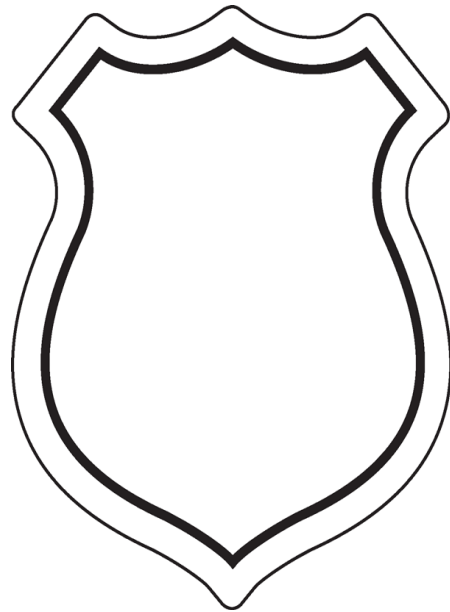
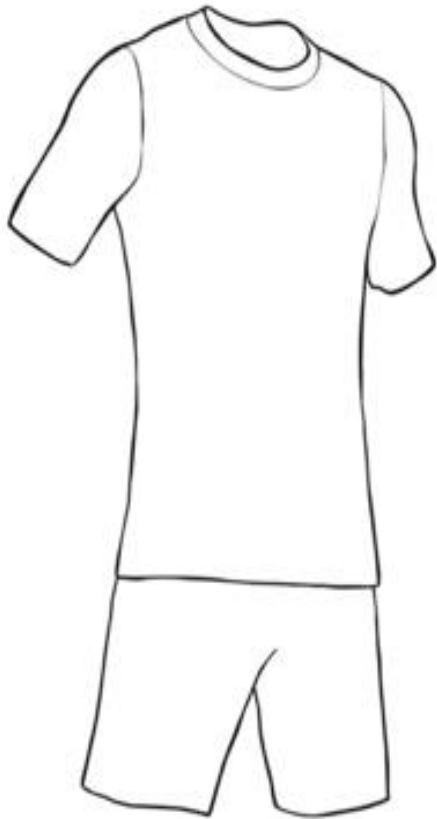
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Design your own sports team

Task: Design and colour in a kit, ball and badge for a football team of your choice. This could be a new design for a team that already exists, or a new team you have made up.



Toilet roll tower - How high can you keep your tower going until it falls?

Instructions -

Start with 1 toilet roll and jump sideways over the tower

Every time you manage to jump over a piece of toilet roll, add another piece to make the tower bigger.



Keep going until you eventually knock your tower over. You can keep repeating the game to see if you can beat your score or even see if you can beat your friends, parents and even teachers!

We would love to see how high you managed to get your tower.

Fitness snakes and ladders - Each player puts their counter on number 1 on the board. Take it in turns to roll the dice and move your counter forward as many spaces shown on the dice. If your counter lands on the bottom of a ladder you can move up the ladder. If your counter lands on the head of the snake you must move to the bottom of the snake's tail. If you land on a fitness challenge, this must be completed before the next player can roll the dice. The first player to reach 100 wins. ****Please note if you do not own a dice there are plenty of online dices you can use****



10 answer quiz - Can you think of 10 answers for the following questions?

Can you name 10 toys from Toy Story?

<i>1.</i>
<i>2.</i>
<i>3.</i>
<i>4.</i>
<i>5.</i>
<i>6.</i>
<i>7.</i>
<i>8.</i>
<i>9.</i>
<i>10.</i>

Can you name 10 sports with a ball involved?

<i>1.</i>
<i>2.</i>
<i>3.</i>
<i>4.</i>
<i>5.</i>
<i>6.</i>
<i>7.</i>
<i>8.</i>
<i>9.</i>
<i>10.</i>

Can you name 10 different types of fruit and vegetables?

<i>1.</i>
<i>2.</i>
<i>3.</i>
<i>4.</i>
<i>5.</i>
<i>6.</i>
<i>7.</i>
<i>8.</i>
<i>9.</i>
<i>10.</i>

Can you name 10 different countries?

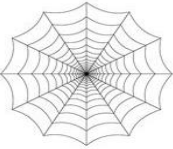
<i>1.</i>
<i>2.</i>
<i>3.</i>
<i>4.</i>
<i>5.</i>
<i>6.</i>
<i>7.</i>
<i>8.</i>
<i>9.</i>
<i>10.</i>

Can you name 10 different types of P.E equipment?

<i>1.</i>
<i>2.</i>
<i>3.</i>
<i>4.</i>
<i>5.</i>
<i>6.</i>
<i>7.</i>
<i>8.</i>
<i>9.</i>
<i>10.</i>

Scavenger Hunt - Next time you're out in the garden or on a walk. See how many of the things listed below you can find. Everytime you find one, tick it off on the checklist below. Don't worry if you can't find all of them, some are trickier than others. Good Luck!!

Nature **SCAVENGER HUNT**

 tree	 rough rock	 worm	 green leaf
 ant	 pine cone	 dandelion	 spiderweb
 animal	 colored leaf	 body of water	 acorn
 flowers	 mushroom	 ladybug	 clover
 feather	 butterfly	 smooth rock	 bird

Paper aeroplane making

Design a Paper Aeroplane

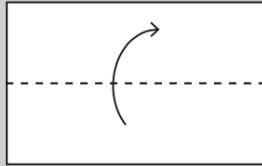
Here is a basic design for a paper aeroplane. Can you adapt it to make a faster model?

1



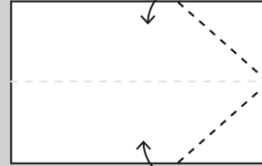
You will need a piece of A4-sized paper.

2



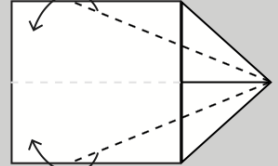
Fold the paper in half longways then opening it out flat.

3



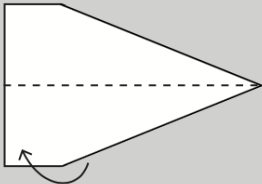
Fold in two of the corners so they meet at the centre fold.

4



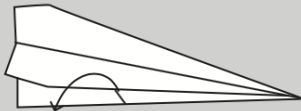
Fold the outer edges in again to meet at the centre fold.

5



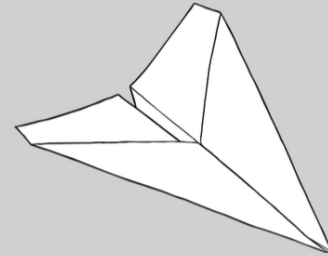
Turn the paper over and then fold it in half in the middle.

6



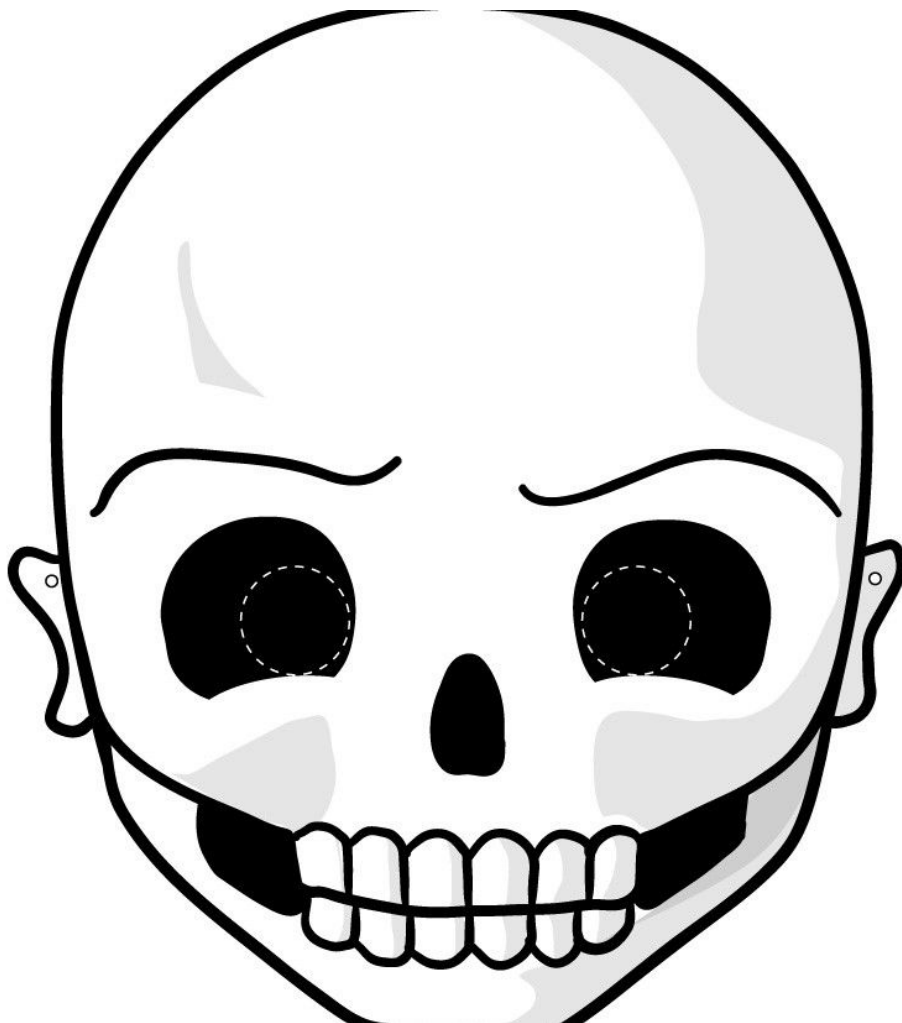
Fold down the wings on each side so that they meet with the bottom of the plane.

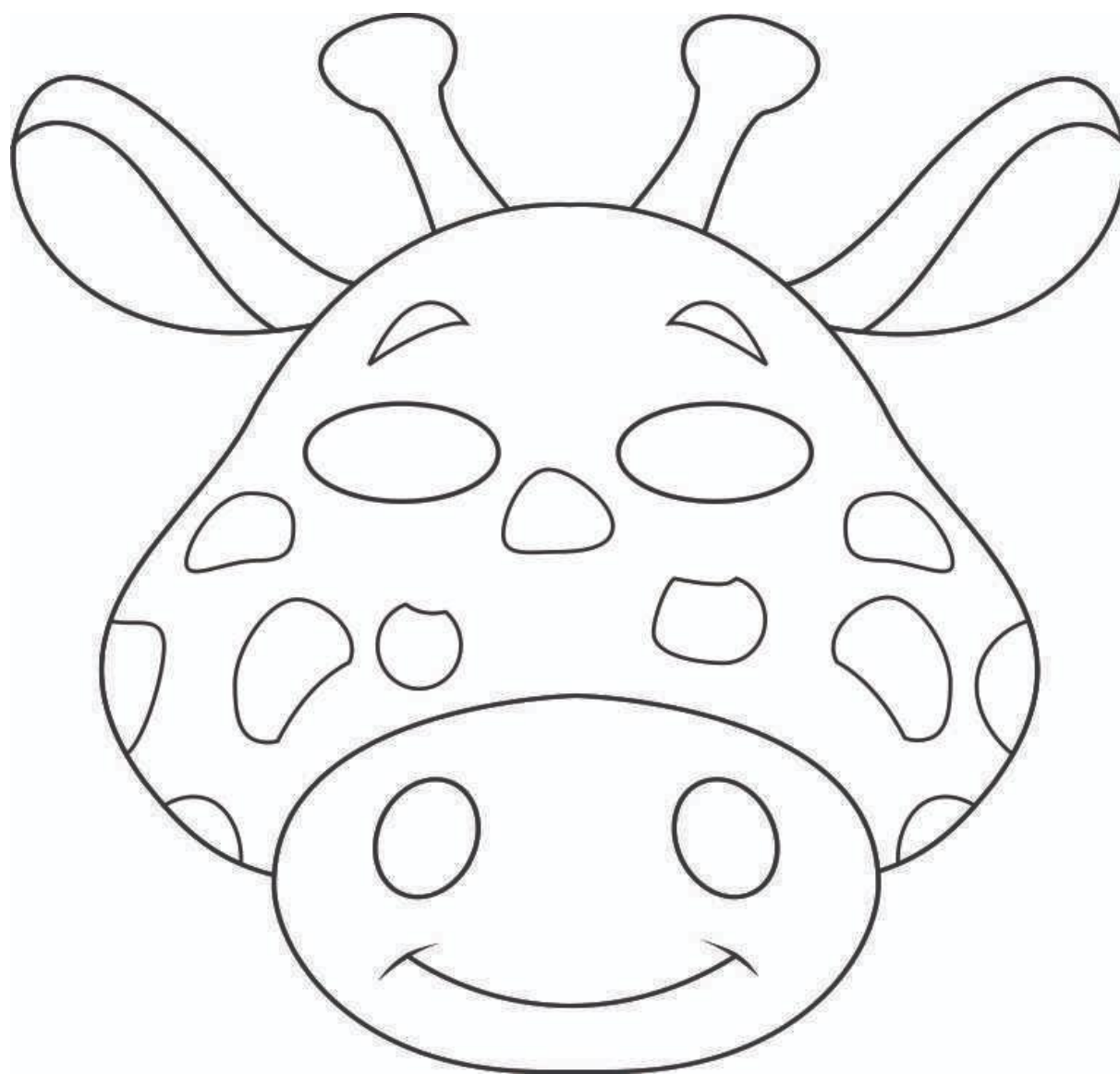
7



Your plane is ready to fly! How far can you make it go?

Design your own mask -









Design your own dance routine - For this activity we are asking you to be as creative as possible!! You can choose any song you would like and we would love you to create your own dance routine.

If you would like to film your dances, you can even get your parents, guardians or an adult to film your dance so they can be sent to us at 'Prostars' on facebook.



Sock throw - All you will need for this activity is a basket and a pair of socks. Firstly roll your socks up into a ball and stand 3 steps away from the basket. You will then underarm your throw your socks into the basket, if they land in the basket take 1 step back. Keep going until you miss the basket. Once you miss the basket go back to the beginning.



Fitness dice -

EYFS and KS1 Task - Roll 2 numbers on a dice and add the 2 numbers together. Your answer is the number of seconds spent on each exercise

KS2 Task- Roll 2 numbers and times the 2 numbers together.

Your answer is the number of seconds spent on each exercise.

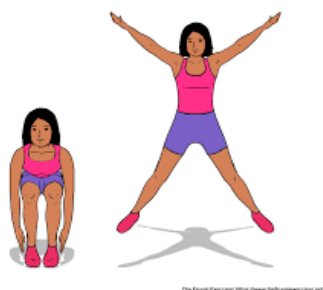
If you are stuck on how to perform each exercise. There is pictures below which will help!!

Answer 1	Jumping on the spot
Answer 2	Star jumps
Answer 3	Hopping on one leg
Answer 4	Marching like a soldier
Answer 5	Jogging on the spot
Answer 6	Push ups
Answer 7	Sit ups
Answer 8	Burpees
Answer 9	Squats
Answer 10	Up and downs

Jumping on the spot



Star Jumps



Hopping on one leg



Marching like a soldier



Jogging on the spot



Push ups



Sit ups



Burpees



Squats



Up and down



Congratulations!

You have completed the Prostars Physical Activity planner!

We would love to hear what you thought of our planner so please if you can leave us a review on our Facebook page! (Search 'Prostars' to find us).

Can we take this opportunity to say a huge thank you from all of us at Prostars, it has been great to be on this journey with you and we hope you continue to lead a healthy lifestyle and stay active!

If you want to get in contact please email us at

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