



Premier League
**Primary
Stars**

THE FLEETWOOD TOWN COMMUNITY TRUST PHYSICAL ACTIVITY HOMESCHOOL RESOURCE PACK



#ONWARDTOGETHER



INTRODUCTION TO THE RESOURCE PACK:

These challenges in the pack are designed to be completed anywhere at home, in the back garden or even in your front room.

Make sure you have enough space available before attempting any of the movements.

SHOW US YOU COMPLETING THE CHALLENGES:

We want you to show us all the amazing challenges you are completing. Make sure you tag us on social media and let's share the fun around the local community.

Twitter - [@FTFCCommunity](https://twitter.com/FTFCCommunity)

Facebook - [@FleetwoodTownCommunityTrust](https://www.facebook.com/FleetwoodTownCommunityTrust)

Premier League Primary Stars - [#PLPrimaryStars](https://www.instagram.com/PLPrimaryStars) [@PLCommunities](https://www.facebook.com/PLCommunities)

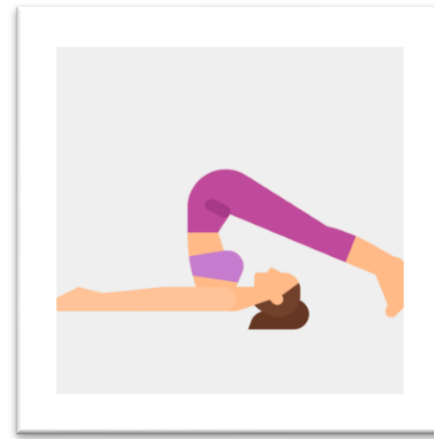
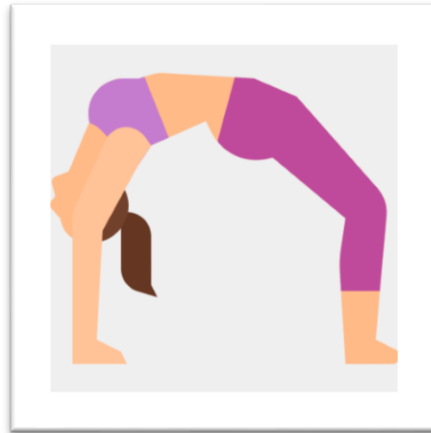


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CHALLENGE ONE: BEANBAG CHALLENGE

This challenge needs two people to complete. One person must perform a balance, and there are plenty of examples below for you to perform.



The Task: Your partner must try and place 2 or 3 items on the body in different places. Count to 5 and see if they can remain balanced. Swap roles after one turn and see if you can beat your partners score!

Task One: Can you keep the items on for 10 seconds?

Task Two: Can you add more than 3 items? How many can you add without them falling?



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CHALLENGE TWO: THE BRIDGE CHALLENGE



- This challenge needs two people. One person must create a bridge with their body as shown in the image (bottom left).
- The other person must start at one side of the bridge, crawl underneath to the other side and then run back around the bridge to where they started and repeat.
- Do this 5 times and then swap roles with your partner.
- Time yourself, can you beat your partners time? (5x full circuit).
- How many times can you go under and around the bridge in 60 seconds?

PROGRESSION:

Can you go over the bridge this time? Repeat the challenges above!



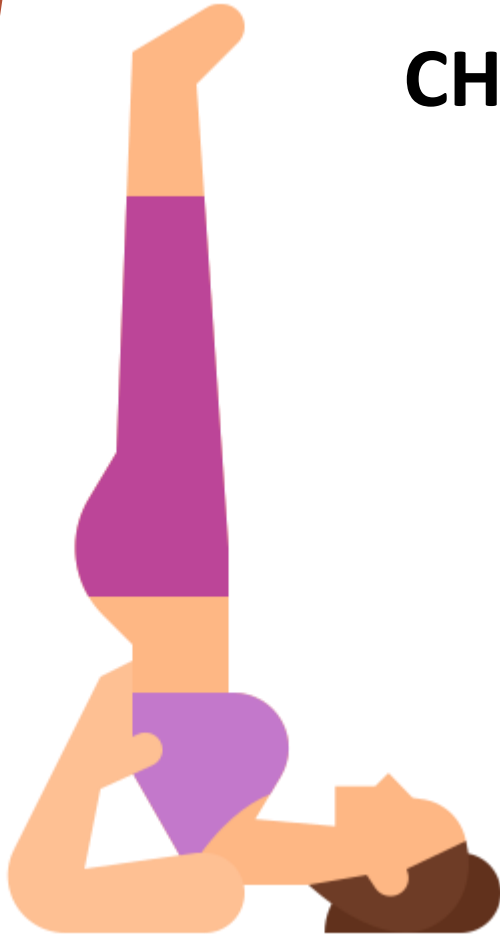
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CHALLENGE THREE: KEEP UP CHALLENGE

This challenge can be played alone, or with family and friends.

- You must hold the balance as shown in the image. A balloon is the best to use for this activity (if you have one).
- Can you keep the balloon up in the air with your feet?
- How many times can you touch the balloon with your feet before it hits an object or the floor?
- How long can you keep the balloon in the air for?
- Remember to share your challenge videos with us.



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