



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](#)

Facebook - [@FleetwoodTownCommunityTrust](#)

Premier League Primary Stars - [#PLPrimaryStars](#) [@PLCommunities](#)



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CHALLENGE FOUR: BALL STRIKING

Equipment you will need: A football and a wall with plenty of space.

Task One: Can you kick the ball at the wall 10 times without losing control?

Task Two: Can you kick the ball at a wall 10 times, but swap feet for each kick back to the wall?

Task Three: Can you kick the ball at the wall 10 times with the ball bouncing at least once before each time you kick it back?

Task Four: Can you kick the ball at the wall 10 times with the ball bouncing once each time you kick it, whilst swapping feet each time?

Final Level: Can you kick the ball at the wall 10 times without the ball bouncing? This is the ultimate challenge!



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CHALLENGE FIVE: RACQUET STRIKING

Equipment you will need: a tennis racket, a tennis ball and a wall.

Task One: Can you **STRIKE** the ball at the wall and then catch it? Now see if you can do it 10x without dropping it.

Task Two: Can you **STRIKE** the ball at the wall using the racket in your other hand and then catch it. Try doing it 10x without dropping.

Task Three: Can you **STRIKE** the ball at the wall, then let the ball bounce and then catch it? Try 10x without dropping the ball.

Task Four: Can you **STRIKE** the ball at the wall using the racket in your other hand, then let the ball bounce and catch it? Try it 10x without dropping?

Final Task: Can you **STRIKE** the ball at the wall without letting the ball, and continue this for ten strikes. This is the ultimate challenge!



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CHALLENGE SIX: HAND STRIKING

Equipment you will need: a ball and wall with plenty of space.

Task One: Can you **STRIKE** the ball with your hand at the wall and then catch it. If you succeed, can you do this for 10 catches in a row?

Task Two: Can you **STRIKE** the ball at the wall your other hand and then catch it? Try it for 10 consecutive catches.

Task Three: Can you **STRIKE** the ball at the wall, then let the ball bounce and catch it? Next, can you do this 10x without dropping?

Task Four: Can you **STRIKE** the ball at the wall using your other hand, then let the ball bounce and catch it? Try 10x without dropping.

Final Level: Can you **STRIKE** the ball at the wall without letting the ball bounce and continue this for ten rounds? Big challenge for you!



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