



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.premierleague.com/primary-stars) [@PLCommunities](https://www.premierleague.com/primary-stars)



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TARGET PRACTICE

Find a safe space and collect your targets (Teddies, Empty bottles, Shoes, DVD Cases etc).

Find a soft object you can underarm throw (Ball, A teddy, Rolled up socks).

Select a position to stand and put your targets opposite you (Closer for easier, further away for a harder challenge).

Use an underarm throw and aim for a direct hit. If you hit your target, bring it back to your starting position.

Don't stop until you have collected all of your targets!



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CATCH TEN

Find a light object which you can throw and catch to yourself.

Like a video game, see if you can unlock each level and achieve Level 10!
Perform each task 5 times before moving on to the next level.

Completed it? Create your own levels and challenge yourself and someone else.

1. Throw and Catch
2. Throw, Clap and Catch
3. Throw, Clap, Clap and Catch
4. Throw, Touch your shoulder and Catch.
5. Throw, Touch knees and catch.
6. Throw, touch shoulders then knees and Catch.
7. Throw, touch floor and catch.
8. Throw, Spin around and catch.
9. Throw, Clap in front of you, behind you and catch.
10. Throw, Clap 5 times and catch



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BALLOON VOLLEYBALL

All you need is a balloon!

Select an obstacle to strike the balloon over (Sofa, Chair, Cushions). If it hits the floor on yours or your teams side, the other side win a point.

Have as many strikes as you need to get it over the obstacle, just remember your not allowed to catch it.

Change it up, make some new rules, try it sitting down!



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