



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.instagram.com/PLCommunities)



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## CHALLENGE SEVEN: THROWING

Find an object in the room, it can be:

1. A toy
2. A ball
3. Socks

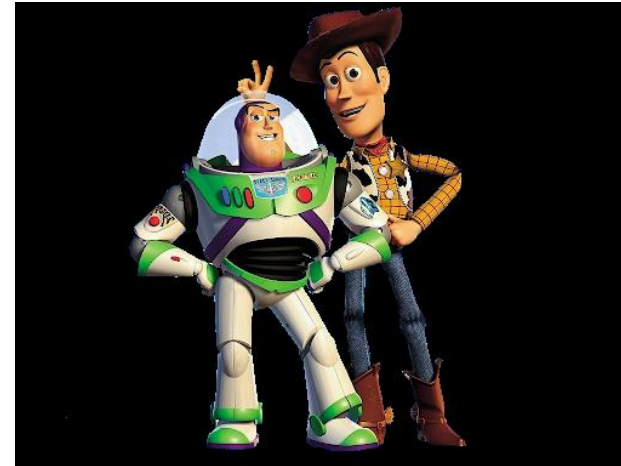
Find a box or something you can throw into.

Buzz and Woody challenges you to throw your object

Can you throw it close?

Can you throw it far away?

How many times can you throw it into the box in 60 seconds



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## CHALLENGE EIGHT: THROWING

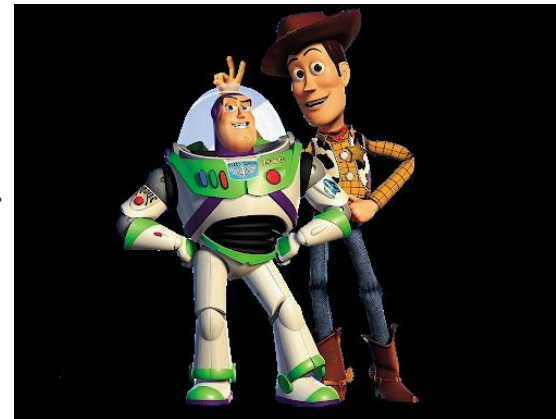
Well done for completing challenge 1 now Buzz and Woody are ready to give you another challenge.

Start by picking a safe object that you can throw.

Then take 2 steps away from a bin or an object that you can throw into.

For each time you successful throw your object in the bin you score 5 points.

Can you successful get all the way back to 10 steps and get your object in the bin?



STEPS AWAY FROM THE BIN	2	4	6	8	10



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## CHALLENGE NINE: CLAPPING CHALLENGE

Using any kind of ball you can find (big or small), test yourself on how many times you can clap before you catch it.

If you cannot find a ball, use a pair of socks!

1. Throw into the air
2. Clap ( as many times as you can )
3. Catch
4. Repeat

My highest score is 5, can you beat it?



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## CHALLENGE TEN: CAN YOU MAKE IT STICK?

Find yourself a ball (it can be big, medium or small) and see how many times you can throw it at a wall and catch it in a row. If you drop it start again and keep count of your highest score! If this is too easy use a smaller ball or use one hand!

1. Find yourself a wall and stand a sensible distance away
2. Throw the ball (under arm)
3. Try to catch it
4. Repeat



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