



**INSPIRING  
ACTIVITY**

# Summer Activity Book



# THIS IS WHERE THE FUN BEGINS

Things to look forward to this summer...

## COMMONWEALTH GAMES

Where: Birmingham, UK

When: 28th July - 8th August 2022

The Commonwealth Games heads to Birmingham this year and we're excited to see so many star athletes in action.

With so many sports being showcased, we're sure there will be many memorable moments to watch and savour!

Roughly 6,500 athletes from 72 countries and territories

will be taking part this year, and it will be the first time that mixed synchronised diving is included in the programme of events.

Even more groundbreaking, is that Birmingham 2022 will be the first Commonwealth Games to leave a carbon-neutral legacy. Amazing!



## SPOTLIGHT ON...

### ...3x3 Basketball

This is basketball...but not as we know it. It's fast. It's action-packed and it will take your breath away. Blink, and you'll miss it!

This shortened form of basketball is great for introducing kids to the sport.

## MEDAL TRACKER

COUNTRY	GOLD	SILVER	BRONZE	TOTAL
England				
Wales				
Scotland				
N. Ireland				

# MAKE YOUR OWN MEDALS

## WHAT YOU WILL NEED\*

- 1 cup of salt
- 1 cup of flour
- 3/4 cup of water
- baking paper
- toothpick/pencil
- straw
- cookie cutter
- mixing bowl
- baking tray
- ribbons

1. Put the salt and flour in a mixing bowl and add the water. Stir together until combined and then place on a flour-dusted surface. Start kneading. If it's too wet, slowly add some more flour until you can knead it nicely and it's not overly sticky.
2. Once kneaded and smooth, ensure the surface is still dusted with flour to prevent the mixture sticking, then roll out to apx 1cm thickness.
3. Choose your favourite cookie cutter and cut out your medals. Round, square, star-shaped...take your pick. Use a straw to cut out a hole towards the top of the medal.
4. Get creative with the imprints on the medals. You could make number medals, or draw a fancy design of your choice. Use a pencil, your fingers, or maybe a toothpick to draw onto the dough.
5. Place medals on baking paper on a baking tray, and bake on a low heat (100°C) for two hours. Turn the medals over half way through cooking.
6. Allow your creations to cool and enjoy painting. Bronze, silver and gold paint look amazing on these medals.
7. Thread a ribbon through the hole you made earlier and secure tightly with a knot, making sure that it's big enough to fit over your head.

\*Makes 6 medals. Use your Maths skills to work out quantities needed for half or double the amount of medals!

## PREMIER HOLIDAY CAMPS

Where: 200+ venues across England  
When: 11th July - 3rd September 2022

Premier Holiday Camps are back and better than ever!

With a range of exciting activities every day of the summer, there's something to suit everyone.

Our Holiday Camps are designed to help kids get active, introduce them to new

and exciting activities, and create a fun-filled experience they will remember forever.

Kids will be entertained, safe and on the move during the school holidays.

SCAN HERE TO  
DISCOVER OUR CAMPS



# HIIT THE WHEEL

Get moving with this fun,  
unpredictable activity...  
Where will it land?



## WHAT TO DO...

### WHAT YOU WILL NEED

- scissors
- blu-tac
- cardboard/old cereal box
- fidget spinner
- timer/stopwatch
- lots of energy

1. Cut out the wheel and the arrow opposite along the dashed lines.
2. Stick onto a piece of cardboard, such as an old cereal box, for extra strength. Trim the excess cardboard.
3. Stick the fidget spinner to the centre of the wheel with some blu-tac.
4. Stick the arrow to the top of the fidget spinner.
5. Spin the wheel...
6. Do each activity for 30 seconds every time you spin!

**NOTE:** Remember to keep water nearby, especially on a hot summer's day. Afterwards, replenish your energy by eating foods rich in protein, magnesium (great for muscles!) and antioxidants. Eggs, blueberries, avocados and bananas are all great post-HIIT snacks!

# NOTE HOW YOU FEEL AFTER YOUR HIIT SESSION...

# ...AND TRACK YOUR ACTIVITY

Flick on through to the centre of this booklet where we have provided a pull out wall calendar covering the entire summer holidays. Use the icon guide that is with the calendar to track this physical activity along with your mindful, outdoor and creative activities too!

# A FAMILY ADVENTURE

Gather the family and head on outside to explore your local area!

## SCAVENGER HUNT

Where: Your local area

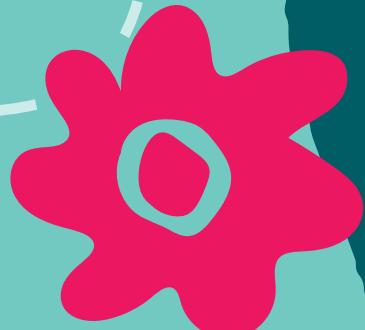
When: Any day you choose

Sometimes we can get so 'in the motions' of our every day lives that we stop noticing and appreciating what we have on our very own doorsteps.

Consider this an exercise in gratitude. For family. For fresh air. For your neighbourhood!

Taking the checklist opposite with you, hit the pavement (don't forget the sunscreen and water if it's a hot day!).

Work together as a team and see how many items you can find.



# LOCAL AREA SCAVENGER HUNT

YOUR STREET SIGN

A MOTORBIKE

A NO. 10 HOUSE

A BLUE DOOR

THE LOCAL SCHOOL  RUBBISH\*

A CAT

LAWNMOWER

WILDFLOWERS

A BENCH

A BUS

POSTBOX

A PARK

A RED CAR

A WORM

ANOTHER FAMILY

HANGING BASKET

PHONEBOX

\* when you find the rubbish, be sure to pick it up and put it in the bin to help keep your community clean!

YOUR SCORE

18

# WHAT I DID THIS SUMMER

Using the suggested icon guide, keep a record of your physical, creative, mindful and outdoor activities this summer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
25 JULY	26	27	28
1 AUGUST	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	31 SEPTEMBER

MONDAY	FRIDAY	SATURDAY	SUNDAY
8	29	30	31
1	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28
31	2	3	4

Mindful



Physical



Outdoor

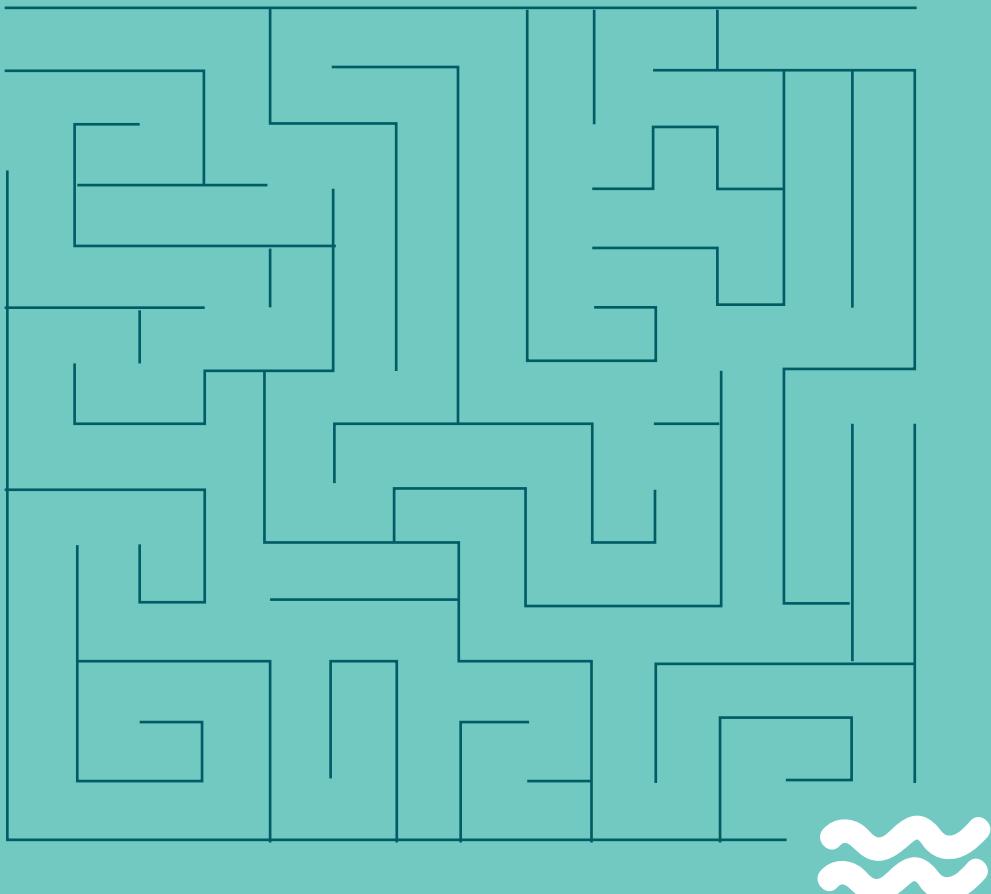


Creative



# BRAIN GAMES!

Can you find the way through the maze to help the sun get to the beach and ensure everyone has a lovely holiday?



## SUMMER SCRAMBLE

WONFURLES = \_\_\_\_\_

UNHINSSE = \_\_\_\_\_

CHEAB = \_\_\_\_\_

DRIFENS = \_\_\_\_\_

LODIYAH = \_\_\_\_\_

## WORDSEARCH

M	F	S	U	M	E	R	O	W	M	O
Z	S	U	N	T	I	J	H	X	E	P
R	H	P	N	M	P	H	K	C	C	R
R	Y	B	B	M	O	Q	W	H	D	E
E	L	O	L	L	Y	Q	B	B	J	M
L	I	Z	I	D	K	L	D	F	F	M
A	M	D	D	H	G	S	U	U	N	U
X	A	L	B	R	Z	T	A	H	P	S
Y	F	H	B	Q	I	N	K	F	A	D
RELAX							SUMMER			FAMILY
SUN							FUN			LOLLY
HOLIDAY							BBQ			HAT

# JUST KIDDING!

What do you call a pig  
that knows karate?

Pork Chop

What is a cat's  
favourite colour?

Puuuuurrr-ple

Why are football  
stadiums always so cool?

Because they're  
full of fans!

# RECYCLED CRAFTING

A calming and creative activity for a rainy summer's day!

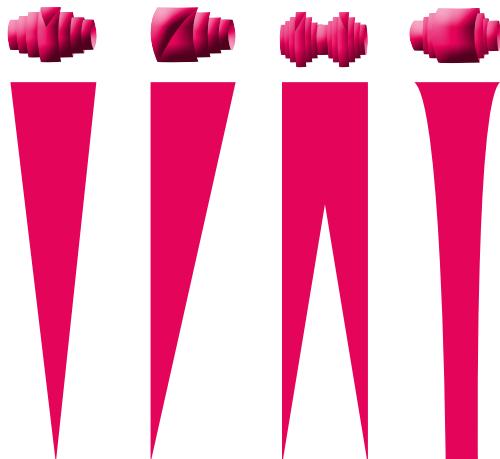
paper  
beads

Sometimes, a relaxing and crafty day is just what we need. Paper beads are a great way to recycle and reuse old magazines or leaflets that are lying around and you'll be guaranteed a one-of-a-kind creation at the end. Let's go...



## TEMPLATES

Try and make each cutout at least 2cm wide x 25cm long



## WHAT TO DO...

1. Using the templates above as a guide, cut out a selection of pieces of paper for your beads. You could do them all the same for a more uniform look, or mix it up a bit from something even more unique!
2. Take one of your cut pieces of paper and cover the side facing you with glue, leaving the top 2cm unglued. Wrapping the unglued end around the straw first will ensure your bead doesn't stick.
3. Continue wrapping the now gluey paper around the straw/skewer until all the paper piece is wrapped.
4. Repeat. Try and fit as many beads on the straw/skewer as you can so as not to waste supplies. Set aside and allow to fully dry. (#tip, you may want to balance the ends of your straw on cups or another raised object so that the beads don't stick to your work surface.)
5. Once dry, slide the beads off the straw.
6. Take a piece of string (great for necklaces) or elastic cord (better for stretchy bracelets) and thread your beads. Once you get to your desired length, secure with a knot.

### WHAT YOU WILL NEED

- old magazines/wrapping paper
- pva glue
- straws or wooden skewers
- string or elastic cord



# JUMP TO IT

**Use the summer downtime from school to improve your jumping technique!**

**STEP 1.** Use the marker provided to make a starting point. This will be the point from which you start **all** your jumps!

**STEP 2.** Begin with a basic standing long jump. Standing at your starting point marker with knees slightly bent, jump forward. Use the *1st Jump Ever* marker.

**STEP 3.** For your second jump, repeat step 1 but swing your arms as you jump to add momentum.

**STEP 4.** Try adding some height this time for your third jump. You're aiming to jump forward AND up! The longer you are in the air, the further you will go!

**STEP 5.** Next, take one long stride back from your usual starting point. From there, you will have room to take one leap before you jump forward and up. If you are taking off from your right leg, use your left leg to push off from the ground and propel you forward.

\* Remember to keep track of how far you are jumping each time.

\*\* Also remember which leg is your 'take-off' leg. You will want to make sure you take off from the same leg each time. Consistency will help you improve.

**STEP 6.** Now, take three long strides back from your

usual starting point. Your first step forward again will be on the foot that you normally jump off from, as noted on the previous round. Remember to keep using the non take-off leg to propel you forward! Use the *Run-up Jump* marker.

**STEP 7.** If you have enough space, you can extend your run up even further.

In essence, the faster you approach the jump, the further you should go! Use the *End of Summer Jump* marker for your last jump of the summer. We bet you got a lot further than your *1st Jump Ever*! Well done.



Thanks to our Activity Professional Mr. Smith for these amazing tips!

## WHAT TO DO...

1. Cut out the markers opposite along the dashed lines.
2. Stick onto card to make them stronger, and fold in half.
3. When directed in the instructions above, place your marker.
4. Marvel at how much further you can jump at the end of the summer!

# **START**

**1ST EVER  
JUMP**

**RUN-UP  
JUMP**

**END OF SUMMER  
JUMP**

\*Ensure you have adequate non-slip space in which to participate, have no health concerns and that you wear adequate footwear.



Premier  
Education

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ACTIVITY

## SHARE THE JOY



We'd love to know how you get on with these activities! Ask a parent or guardian to tag us on socials with your summer of fun!



Premier Education, The Old  
Apple Store, Shropshire,  
NR17 1EJ



@PremEducationUK



@premeducationuk



marketing@premier-education.com



@PremierEducationUK



@PremEducationUK

## REFER A FRIEND

We hope you've enjoyed your Summer Activity Book, inspired by all the fun of our Holiday Camps. If you have, why not give a friend 20% off their first booking and receive 20% off your next Holiday Camp booking as a reward!

