

## Introduction

Premier League Primary Stars is all about getting active, learning and having fun. In this pack you'll find all kinds of things to do which will get children and their families and friends moving and enjoying themselves, both indoors and out. There are challenges, games, quizzes, creative activities, skills to learn and fun football facts.

## 12-star challenge

Everyone likes a challenge. Here are some fun ideas which are perfect for the school holidays or weekends. You can do them in any order. Can you complete all 12 challenges?

We'd love to see the brilliant things you get up to – get in touch at [plprimarystars@premierleague.com](mailto:plprimarystars@premierleague.com) or using **#PLPrimaryStars**. We'll be giving away a poetry book bag to one family each week until Friday 1 June 2018.



### What you need to know

- There are 12 simple activities to do together or that children can do by themselves– these are outlined below.
- The list includes six outdoor challenges and six indoor challenges.
- You could do two a week during the summer holidays or over half term or tackle them at weekends – it's up to you.
- The challenges can be marked as complete on a [poster](#) which you can download.

# The challenges

## Outdoor challenges



### 1 Sitting volleyball

**You'll need a level space for this and somewhere to make a line along the ground. You'll also need a ball and at least two players.**

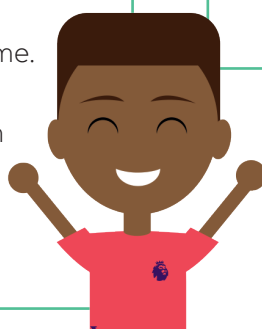
- Mark out your court by using four markers. You could use anything you like for this such as hats or shoes.
- For the net make a line along the ground. You could use string, scarves or anything that can be placed on the ground in a line.
- Divide the players into two teams and take turns to serve by hitting the ball across the net to the other team.
- Two serves are allowed and these can be underarm, overarm, or throwing the ball into play.
- Players must stay seated throughout the game.
- If a team misses the court or lets the ball hit the ground in their court then the other team gets a point: first team to 10 wins.
- Alternatively, you could play the game indoors with a balloon.



### 2 Keepy-uppy challenge

**This is a good team game where everyone stands in a circle and tries to keep a ball, or balloon for younger children, in the air using football skills.**

- All stand in a circle and try to keep the ball or balloon in the air.
- Only two touches are allowed at a time.
- Players can use their feet, head, knee, shoulder.
- Can you keep it in the air for 5, 10 or 20 touches?



### 3 Paper chase

**Here's a fun challenge which only needs a little preparation time. You will need about 3-4 sheets of paper and a pen.**

- Cut the paper into about 40 equal sized strips.
- Write a number between 1 and 10 on each strip and draw a football on one.
- An adult hides the folded pieces of paper around a garden or a safe outdoor space with clear boundaries.
- Children search for the pieces of paper.
- There are two winners: the first to find numbers which add up to exactly 20 and the person who finds the football picture.

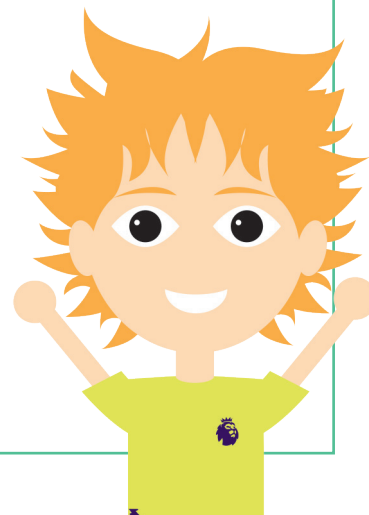
By following any of the activities detailed in the challenge, users acknowledge and understand that there are dangers and risks associated with the activities described. Users also agree to indemnify and hold harmless the Premier League, its employees, agents, officers, from and against any and all liability incurred as a result of or in any manner related to participation in the activities.



## 4 Photo challenge

**This is a search puzzle activity which provides a fun double challenge. You'll need scissors, a smartphone or camera and a laptop/computer/tablet.**

- Cut out the five Premier League Primary Stars characters on the [downloadable sheet](#) provided.
- Place each one carefully outside, then take a photo from a few metres back so that the figure can just be seen among plants, furniture or another backdrop.
- Do this in a different location for each one.
- Show the photos on a screen or TV for your quiz: who can spot the hidden character first?
- Then, why not go outside and find the characters in real life?



## 5 Go far

**Premier League footballers are very fit and run 10km on average during a match. Why not be ambitious and see how far you can go without giving up by trying to climb a hill or attempting a long walk?**

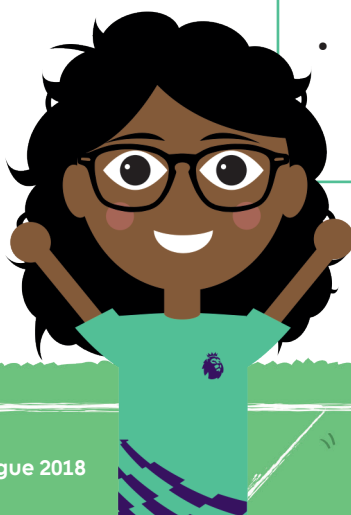
- Use a map or web search to find a local hill over 200m high, or plan a 5km walk. You could even try walking a kilometre for every year of your age.
- Be prepared for the weather: hats and good shoes are advisable.
- You could take a drink and fruit or a picnic to have at the end of your walk.



## 6 Treasure hunt

**You'll need a football and some paper and a pen to set up this exciting hunt for hidden things.**

- Hide the ball somewhere in the garden or a safe place.
- On a small piece of paper, write a clue to help your child find the ball. For example, if it's hidden behind a tree, 'Look where there's something tall and woody.'
- Write a series of five numbered clues like this and give your child clue 1. Clue 1 will lead to clue 2 and so on. Clue 5 leads to the ball, which is the 'treasure'.
- Make a list of where each numbered clue is hidden, in case you forget!
- When complete, encourage your child to create their own treasure hunt in the same way.



## Indoor challenges



### 7 Star quiz

**This is your chance to find out some amazing football facts. The idea is to each make a short quiz about football, then answer each other's questions. You'll need paper and pens.**

- Each person starts by doing some research online or using books. 'Did you know?' facts can be found on the club pages of the Premier League Primary Stars site: [plprimarystars.com/clubs](http://plprimarystars.com/clubs)
- The aim is to write five simple questions each with answers.
- The quiz could cover teams, players, mascots, grounds, managers, nicknames etc.
- Each person reads their questions and the others do each quiz, writing down the answers.



### 9 A game of choice

**Here is a simple way to have some fun making some choices connected with football. You'll need paper and pens.**

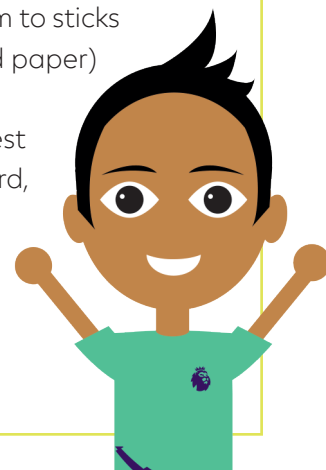
- Write down some 'choose pairs', for example, United or City? Half-time snack: apple or orange? Lose 4-3 or lose 1-0? Kane or Salah? Arsenal or Chelsea? Overhead kick or bullet header? Win 3-0 or 5-4? Left winger or Goalkeeper?
- Try your list out on someone, asking them to explain their choices.



### 8 Premier League puppet show

**Here's a simple way to create a puppet show with a football theme. You'll need scissors, paper, pens and sticky tape.**

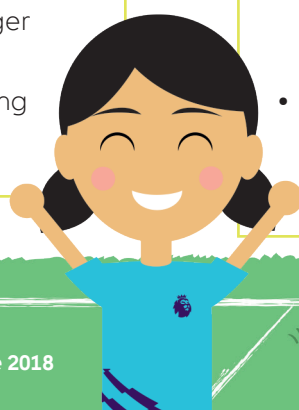
- To make simple stick puppets, children can cut out the Premier League Premier Stars characters provided on the downloadable sheet, or create their own, and colour them in.
- Children can attach them to sticks (made from tightly rolled paper) using sticky tape.
- The puppets will work best if they are glued onto card, but this is not essential.
- Children then create a mini-play with a football (or other) theme and perform behind a sofa.



### 10 Break for lunch

**Make a delicious Premier League lunch together. You'll need the items listed on the [recipe card](#) provided (which comes from one of our great Premier League Primary Stars resource packs for schools).**

- Learn together about footballers' diets using the sample Premier League nutrition plan.
- Make lunch, working together, by following the recipe card provided or by following your own recipe.
- Add your own twist or design your own footballer's diet. Why not make a recipe book with all your ideas?





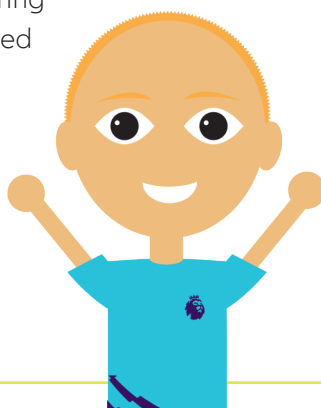
## 11 Team acrostics

Here's a chance to have a little wordplay fun together as a family. You'll need pens and paper.

- Each write down the name of your favourite Premier League team, with the letters arranged vertically, like this:
- Use the letters of your team to describe them:
- Make your team acrostics as wacky as you like:

U  
N S  
C I P  
I T U  
T E R  
Y D S

Cheering  
Inspired  
This  
Year



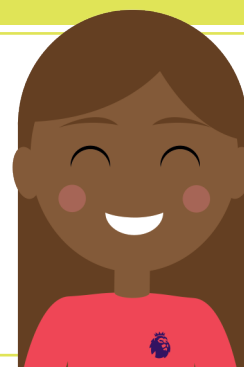
Serving  
Pies with  
Unbelievable amounts of  
Raspberry  
Sauce



## 12 Global game

Footballers from over 100 different nations have played in the Premier League. Here's your chance to learn some words from just a few of the many languages spoken by the players.

- Share with a friend/family member and see how good you are at saying these.
- See if you can learn a few of them.
- Can you think of any other phrases you might need to know?



Language	How to say 'football'	How to say 'great team'	How to say 'we are the champions!'
French	football	bonne équipe	nous sommes les champions!
Spanish	fútbol	gran equipo	somos los campeones!
Danish	fodbold	godt hold	vi er mestrene!
Irish	peile	foireann mhór	is sinn na seaimpíní!
German	Fußball	tolles team	wir sind die gewinner!
Italian	calcio	grande squadra	siamo i campioni!
Dutch	voetbal	geweldig team	wij zijn de kampioenen!
Welsh	pêl-droed	tîm gwych	Ni yw'r hyrwyddwyr!
Swahili	soka	timu kubwa	sisi ni mabingwa!
Maori	whutupaoro	rōpū nui	ko tatou nga toa!