



Premier
Education

**INSPIRING
ACTIVITY**

ACTIVITY BOOK



BRAIN GAMES AND PHYSICAL
ACTIVITIES INSPIRED BY THE SUMMER
GAMES TO KEEP YOU BUSY, ACTIVE
AND ENTERTAINED!

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6

THIS IS WHERE THE FUN BEGINS

Things to look forward to this summer...

OLYMPIC GAMES

Where: Paris, France

When: 26th July - 11th August 2024



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

With 10,500 athletes competing in 329 events across 32 sports, this year is likely to be nothing but epic!

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

Breaking (aka breakdancing) is making its debut, which is sure to be a hit with school children up and down the country.



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



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 CLUBS

Where: 200+ venues across England

When: Summer term, 2024

Premier clubs are held before and after school and this term will be using lesson plans inspired by many of the activities seen in the summer games, such as handball, track & field, basketball and fencing.

Our clubs 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 before and after school!

SCAN HERE TO
DISCOVER OUR CLUBS



BRAIN GAMES!

SPORTY SCRAMBLE

Unscramble the letters below to make five Olympic related words.

DIOMUP = _____
RACKT = _____
DOLG = _____
HACMNIOP = _____
SAMTOC = _____

JUST KIDDING!

What is a banana's favourite gymnastics move?

The splits

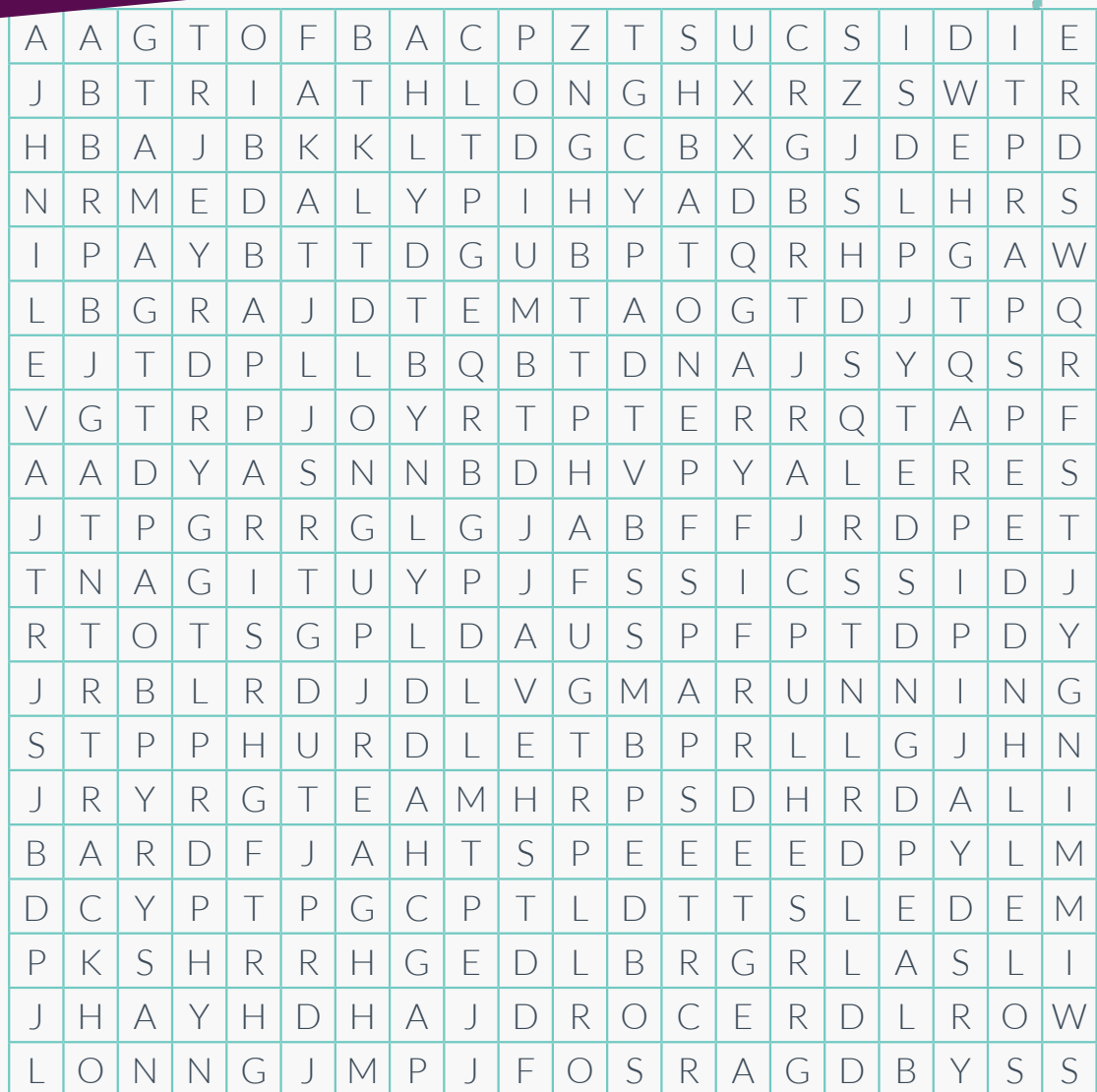
Why couldn't the athlete listen to music?

Because she broke the record!

Why couldn't the bike finish the Olympic race?

It was two-tired

WORDSEARCH



RUNNING

LONG JUMP

SWIMMING

TRIATHLON

ATHLETE

HURDLE

JAVELIN

TRACK

MEDAL

PODIUM

WORLD RECORD

BATON

RELAY

DECATHLON

DISCUS

SPEED

PARIS

TEAM

JUMP TO IT

Take inspiration from the long jumpers and aim 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



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**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!



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