



Premier
Education

INSPIRING
ACTIVITY

2024

Summer Activity Book



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 summer games head to France this year, with Paris ready to welcome 10,500 athletes looking to compete in 329 events across 32 sports!

At the last games in Tokyo four years ago, Great Britain came home with 64 medals, including 22 golds. Can they surpass that this year?

B-Boy Sunni and B-Boy Kid Karam will be breaking new ground this year as they make their Team GB debuts.

Max Whitlock, who is retiring after Paris '24 has a chance to win four Olympic medals on the same apparatus - the pommel horse! Epic!

SPOTLIGHT ON...

...Breaking

Breaking, a competitive form of breakdancing, will make it's Olympic debut this year in Paris.

B-boys and b-girls will compete for the ultimate sporting prize - a place on an Olympic podium.

EIFFEL ATHLETICS TRAIL



Scan the QR to download your activity book!



SUMMER SUN SAFETY TIPS!

WHAT YOU WILL NEED

- sunscreen
- hat
- water

PREPARE. Try and ensure you put sunscreen on before leaving the house. If you're attending one of our holiday camps, always apply sunscreen before arrival.

PROTECT. Along with sunscreen, always wear a hat (and sunglasses if you can) during hot summer days. SPF30 or above is recommended by our partners at the Melanoma Fund.

SHADE. Avoid direct sunlight during peak sunshine hours, especially at lunchtime. Seek shade whenever possible.

HYDRATE. Make sure you drink lots of water to keep you hydrated. When attending a Premier Education holiday camp, please bring a refillable water bottle to top up throughout the day!

LEAD BY EXAMPLE. Take pride in being a good influence and show your sun protection measures to others, encouraging them to do the same!

Summer sun safety tips provided by:

melanoma fund

PREMIER HOLIDAY CAMPS

Where: 200+ venues across England

When: 22nd July - 3rd September 2024

Premier Education 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



WHAT I DID THIS SUMMER

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

Mindful



Physical



Outdoor



Creative

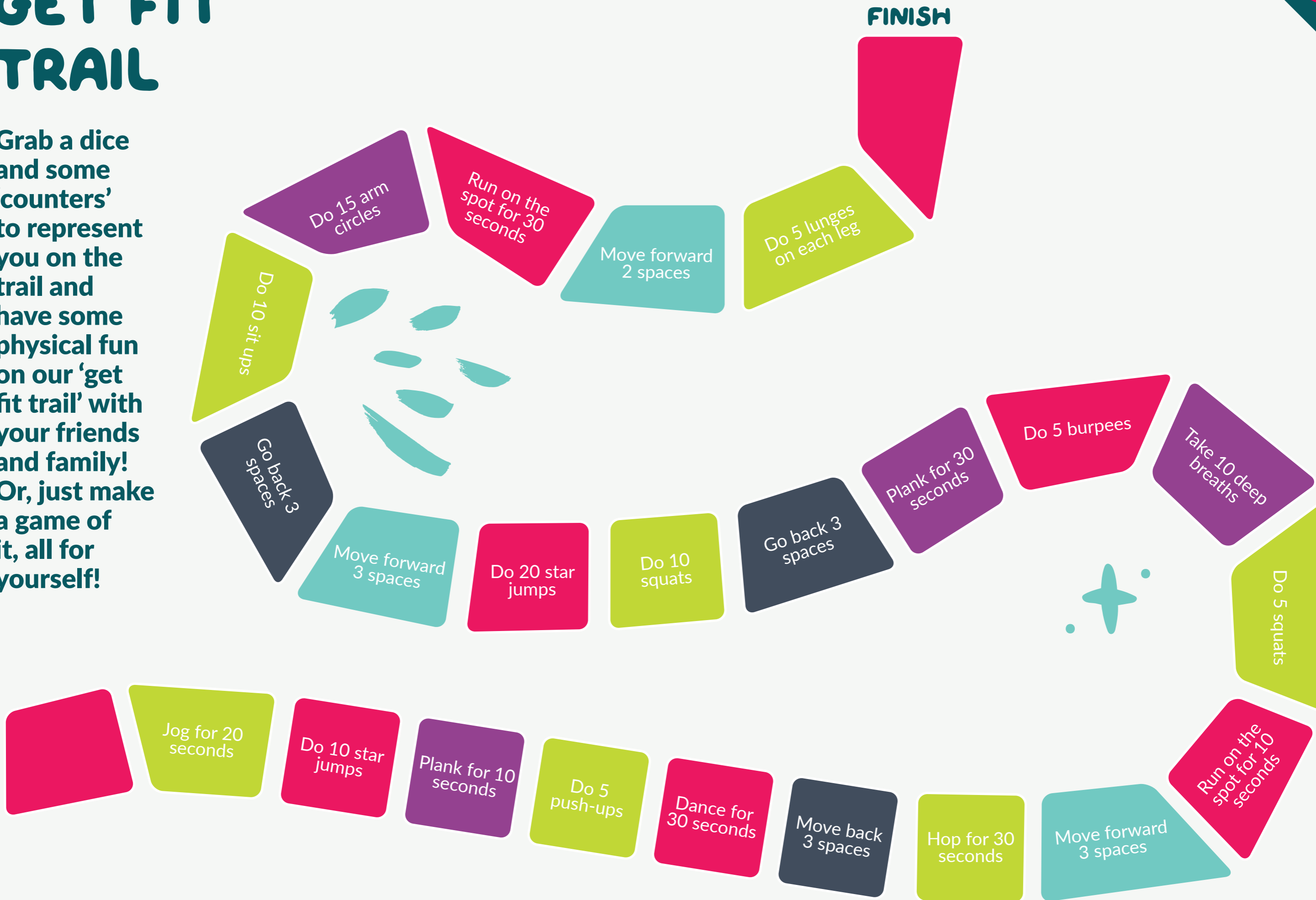


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JULY	22	23	24	25	26	27	28
	29	30	31	AUGUST 1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	SEPTEMBER 1
	2	3	4				

GET FIT TRAIL

Grab a dice and some 'counters' to represent you on the trail and have some physical fun on our 'get fit trail' with your friends and family! Or, just make a game of it, all for yourself!

START



A FAMILY ADVENTURE

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

SCAVENGER HUNT

Where: Your local area

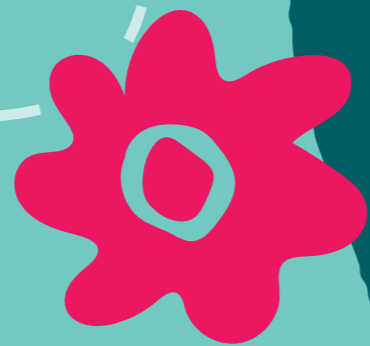
When: Any day you choose

Our summer scavenger hunt is updated and back for 2024.

It's nice to get outside and notice the small things that we miss every day. Gather the family together and prepare to be surprised at how much is going on around you.

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

- A BUTTERFLY
- A PLAYGROUND
- CRICKET BAT
- SOMETHING YELLOW
- A PAINTED ROCK
- RUBBISH*
- A FRIEND
- CLIMBING FRAME
- SOMEONE IN A FOOTBALL SHIRT
- A CAT
- A LADYBIRD
- A RED DOOR
- AN ICE CREAM VAN
- BUNTING
- SOMEONE JOGGING
- ANOTHER FAMILY WALKING TOGETHER
- A BIRD
- A FRISBEE

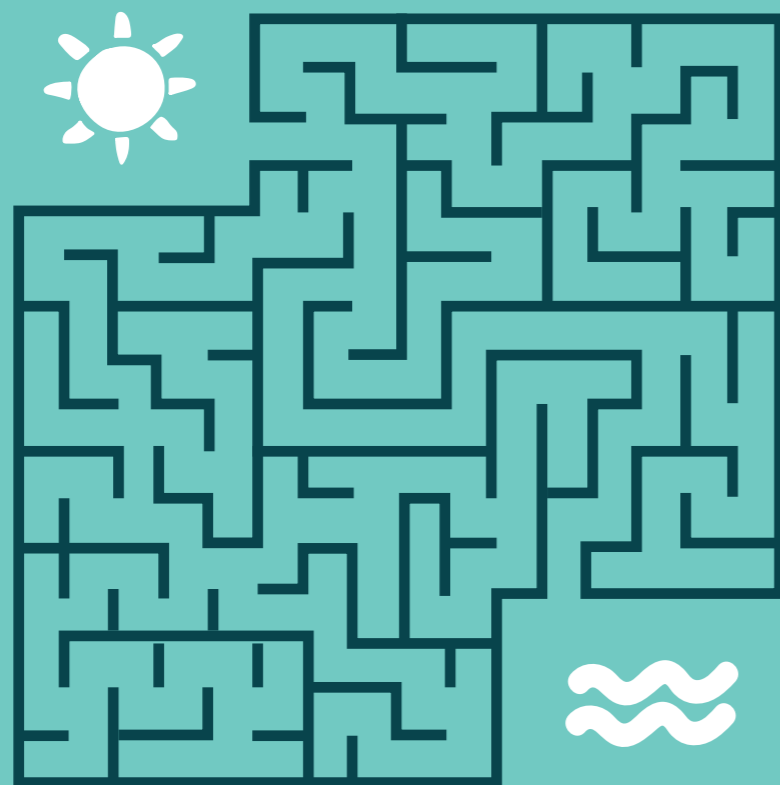
* when you find the rubbish, be sure to pick it up and put it in the bin to help keep your community clean!

YOUR SCORE

18

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

CIE RCAME = _____
SOLYMCIP = _____
YDALIHO = _____
DRIFENS = _____
ETURENVAD = _____

WORDSEARCH

G S U M M E R T M A V
N B E R U T N E V D A
I C E C R E A M R V C
X U D K J E K I W E A
A N F G M I A W O T T
L J F M P H E S Z R I
E S U N S C R E E N O
R S M S F H B L F U N
P P L J O R N Y E W I

ICE CREAM SUMMER ADVENTURE
SWIM FUN RELAXING
VACATION BREAK SUNSCREEN

JUST KIDDING!

What do you call a snoman in August?

A puddle!

What's black, white and red all over?

A sunburnt zebra!

Why can't netball players go on holiday?

Because they can't travel!

A SCRUMPTIOUS SUMMER TO SAVOUR

Have some fun with food and some fruitful flair to your next meal!

Make the most of the summer season by enjoying the bountiful fruits and vegetables on offer!

Here are just a couple of simple recipes to get your mouths watering...



Did you know?...
You can eat the whole watermelon! Watermelon rinds are also edible—as well as full of nutrients.

WATERMELON PIZZA

YOU WILL NEED:

- Apples
- Red grapes
- Kiwi
- Coconut flakes
- Watermelon

1. Wash hands and ensure work surface is clean.
2. Wash fruit and dry on paper towel.
3. Carefully cut watermelon into slices. (Ask for help if needed!)
4. Peel kiwi and cut into chunks. Cut apples into slices. Halve grapes.
5. Arrange toppings on your watermelon 'pizza slice'.
6. Sprinkle your coconut flake 'cheese' on top and devour!

MASON JAR SALAD

WHAT YOU WILL NEED*

- 1 cucumber
- 3 large tomatoes
- cooked chicken (optional)
- cheese and egg (optional)
- 2 carrots, grated
- 1 can sweetcorn
- favourite salad dressing
- lettuce
- cooked rice (optional)

1. Dice the cucumber and tomatoes. Grate the carrot.
2. Drain the sweetcorn and slice your lettuce into smallish bits so they are easy to layer.
3. Pour some of your favourite salad dressing into the bottom of the jar. Then start layering your ingredients. Do a layer of tomatoes, a layer of cucumber, a layer of carrot, and a layer of lettuce.
4. If you have any chicken or eggs leftover from dinner the night before, they would make great additions, or maybe some of your favourite cheese. You could also add a layer of cooked/leftover rice or pasta if you wanted to make it more substantial.

Get creative!... You can make just about any kind of salad mixture you like in your jar. Go exotic and add some chickpeas or quinoa or stick to the basics of tomato, cucumber, sweetcorn.

*Makes 4 mason jar salads. Use your Maths skills to work out quantities needed for half or double the amount of salads...or just one!



CRAFT STICK PICTURE FRAME

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

picture frame

Summer holidays are all
about relaxing, recharging...
and making memories!

Make a one-of-a-kind
keepsake photo frame
to display your favourite
memory at home!



WHAT TO DO...

WHAT YOU WILL NEED

- craft sticks
- glue (pva glue is best for this!)
- decorations (optional)
- pens
- pictures

1. Take a picture, or choose one that you already love, and ask a parent to print it out for you. If you don't have access to a printer, you could maybe find a picture in a magazine or newspaper.
2. Try and size your picture so that it is approximately 7cm x 7cm. It's a size that works nicely with the craft sticks.
3. Arrange the base layer for the frame by assembling 11 sticks side by side.
4. Take another craft stick, place glue on one side, and stick it to the top of the base layer at 90 degrees to the other sticks. Repeat with another stick at the bottom.
5. Place your picture in between the newly glued sticks, then glue another two sticks on to make the side bars of the frame.
6. Decorate with pens, stickers, glitter, whatever takes your fancy. You could even stick a magnet to the back allowing you to put your work of art on the fridge for all to see!



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**INSPIRING
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, Shropham,
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!

