



**Name:**

**Age:**

**School:**

## Physical Activity and Well-being Planner

# Mission Statement

*Prostars aspires to develop & improve the delivery of physical literacy, with opportunities for all to compete & participate in PE & School Sport.*

*We have created our Physical Activity Planner for children to complete when they are not in school. Our planner offers a variety of activities your child can complete to help track their progress to leading a healthy lifestyle, being active and to enjoy the holidays!*

*We hope you enjoy our pack!*

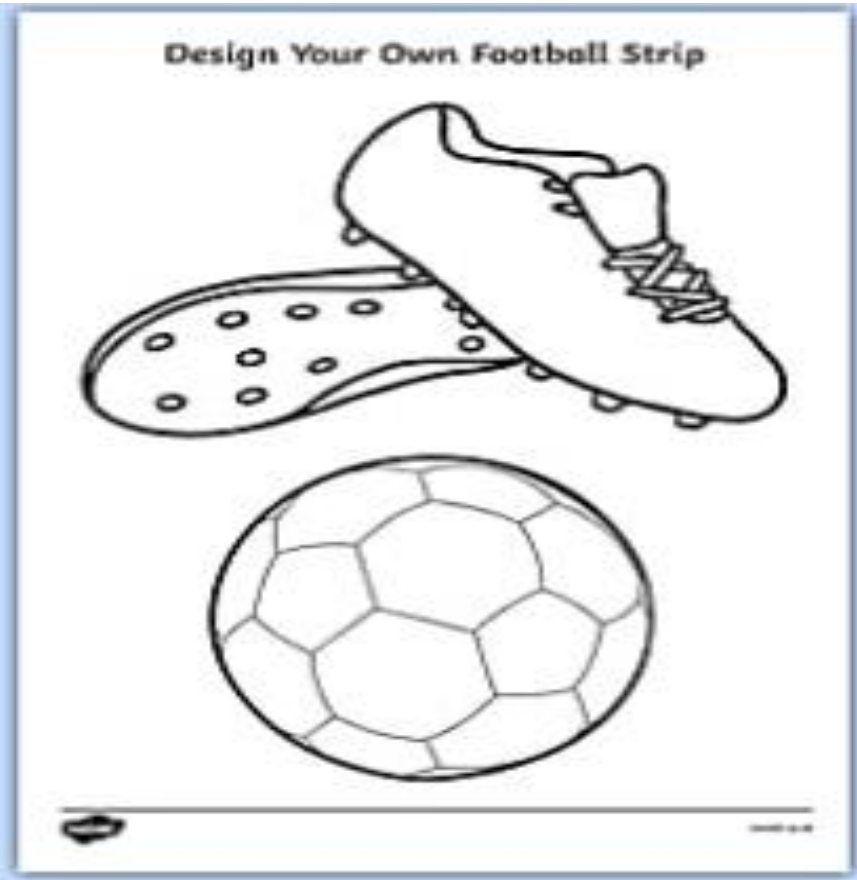
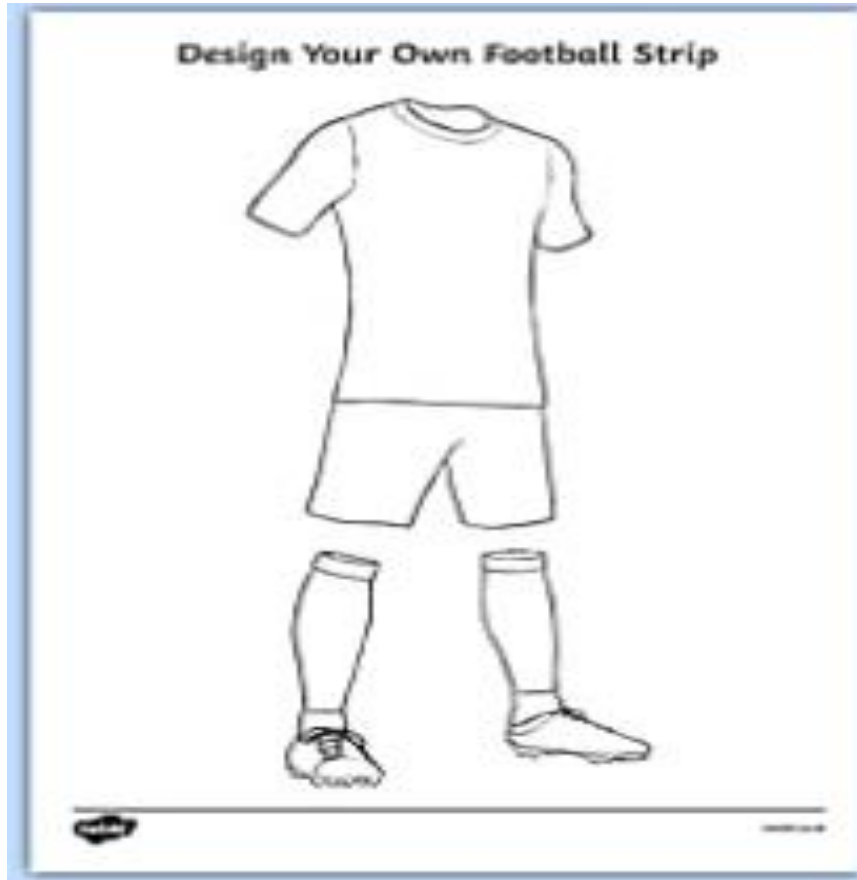


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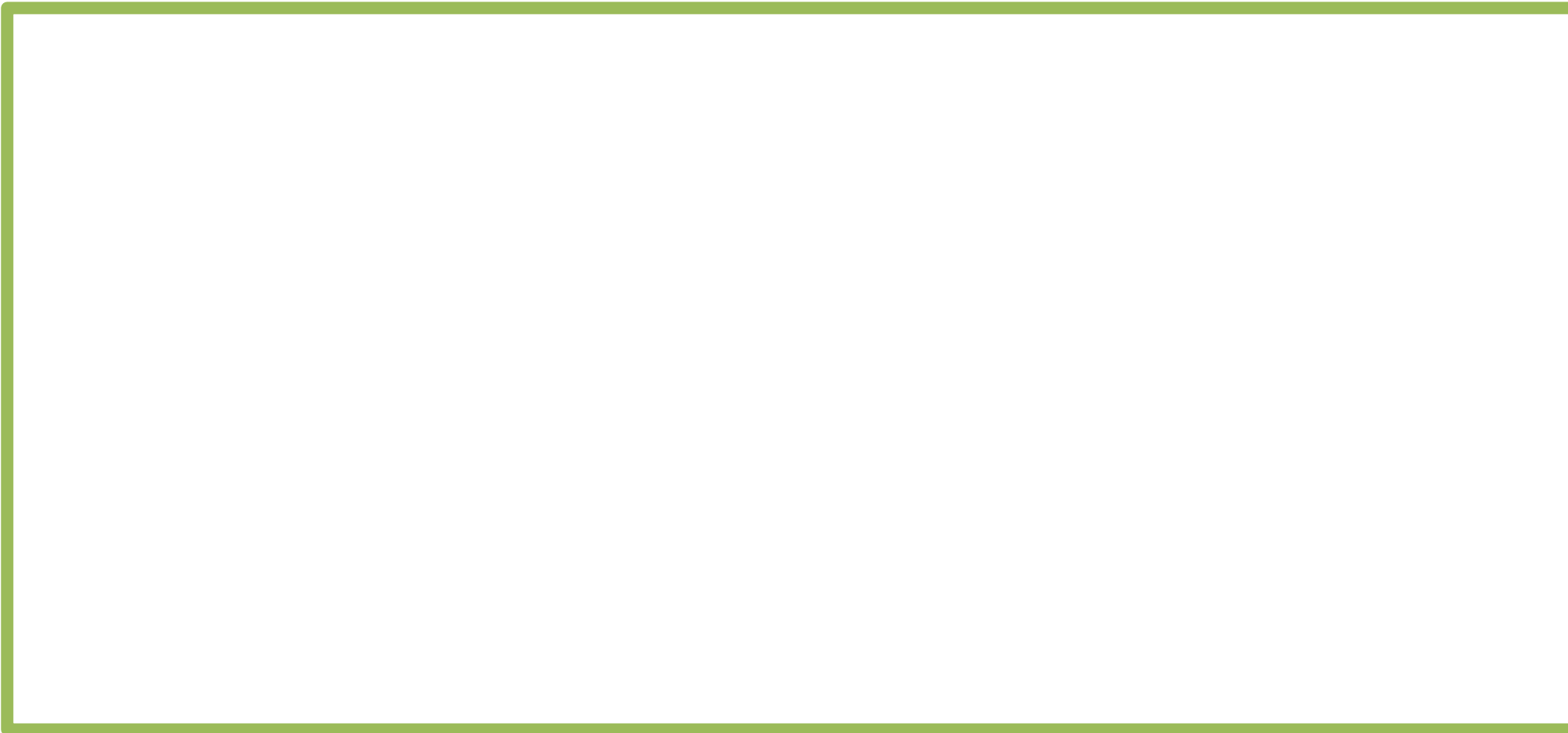
***Champions League Final – Design your own kit!***



## **Prostars Sports Quiz**

- 1. What should the height and width of a football goal measure?**
- 2. How many holes are there in a bowling ball used in a game of tenpin bowling?**
- 3. What are the colours of the five Olympic rings?**
- 4. How many pockets are there on a snooker table?**
- 5. Which chess piece holds the most value on a chess board?**
- 6. Which country invented the game baseball?**
- 7. How many players are there in a rugby league team?**
- 8. Can you unscramble the following word to reveal a type of sport: GINKIS?**
- 9. What is the name of the racquet game played in a closed wall court with a small rubber ball?**
- 10. How many bases must be completed/passed in a game of rounders to score a point?**

*What can you see from your window or door? We would love for you to draw a picture of your surroundings.*



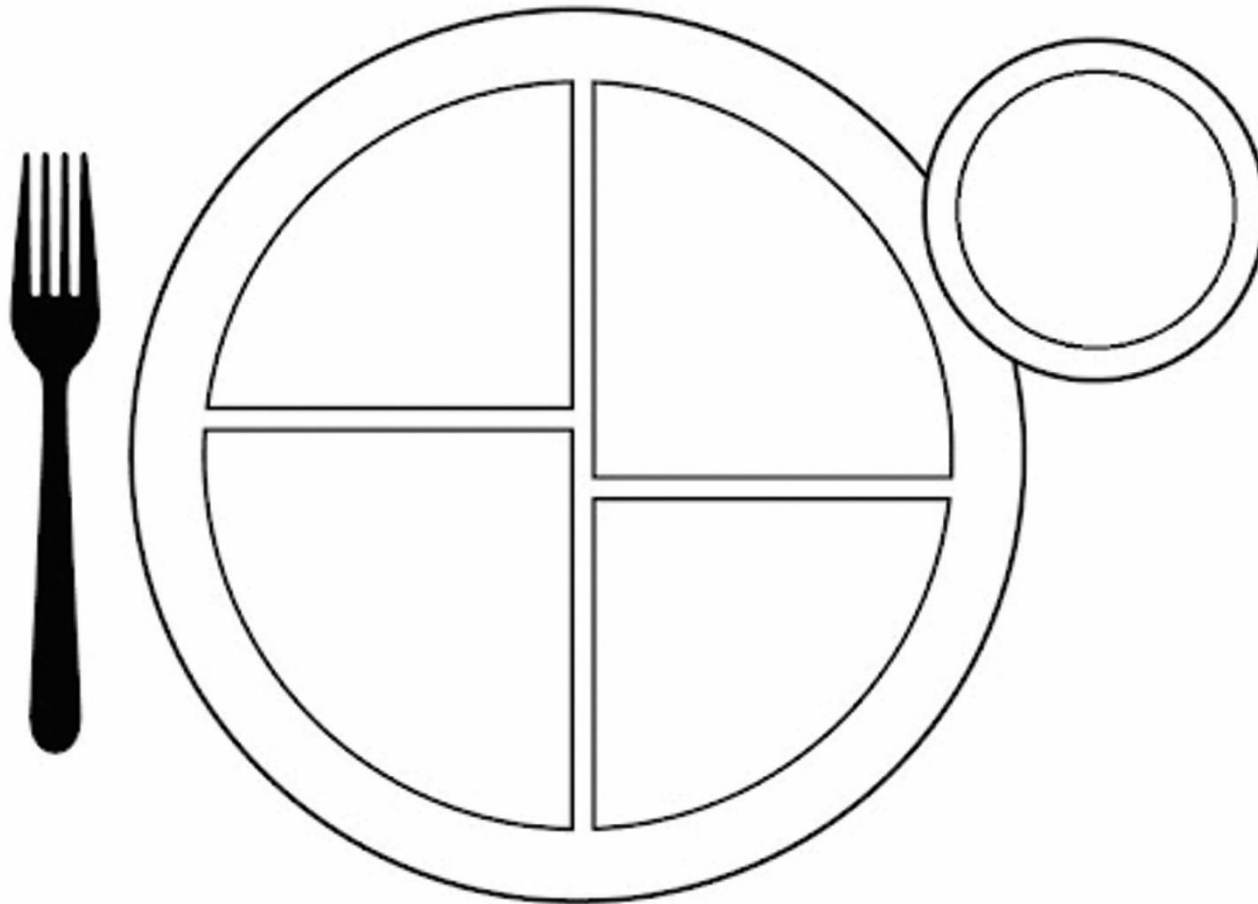
## Prostars Sports Word Search

### Ball Sports

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

BASEBALL  
WIFFLEBALL  
LACROSSE  
POLO  
BOWLS  
SQUASH  
DODGEBALL  
SOFTBALL  
HANDBALL  
TENNIS  
GOLF  
NETBALL  
FOOTBALL  
SNOOKER  
VOLLEYBALL  
BASKETBALL  
BOWLING  
POOL

Create a healthy lunch



*For this activity we want you to draw your favourite healthy lunch.*




















*Keep on track with your weekly food and fitness log!*

<b><i>Week of</i></b> .....	<b><i>Breakfast</i></b>	<b><i>Lunch</i></b>	<b><i>Dinner</i></b>	<b><i>Snacks</i></b>	<b><i>Water Log</i></b>	<b><i>Active Minutes</i></b>
<b><i>Monday</i></b>						
<b><i>Tuesday</i></b>						
<b><i>Wednesday</i></b>						
<b><i>Thursday</i></b>						
<b><i>Friday</i></b>						
<b><i>Saturday</i></b>						
<b><i>Sunday</i></b>						

## At home 5 day skill and maths challenge!

Day 1 Start on 100 points	→	3 x 	→	2 x 	→	2 x 	→	Your score
Day 2 Start on 100 points	→	5 x 	→	4 x 	→	4 x 	→	Your score
Day 3 Start on 100 points	→	7 x 	→	5 x 	→	6 x 	→	Your score
Day 4 Start on 100 points	→	8 x 	→	7 x 	→	7 x 	→	Your score
Day 5 Start on 100 points	→	10 x 	→	9 x 	→	10 x 	→	Your score



= 5 star jumps



= 5 sit ups



= 5 Press Ups



**Tissue Paper  
Rainbow Suncatcher**

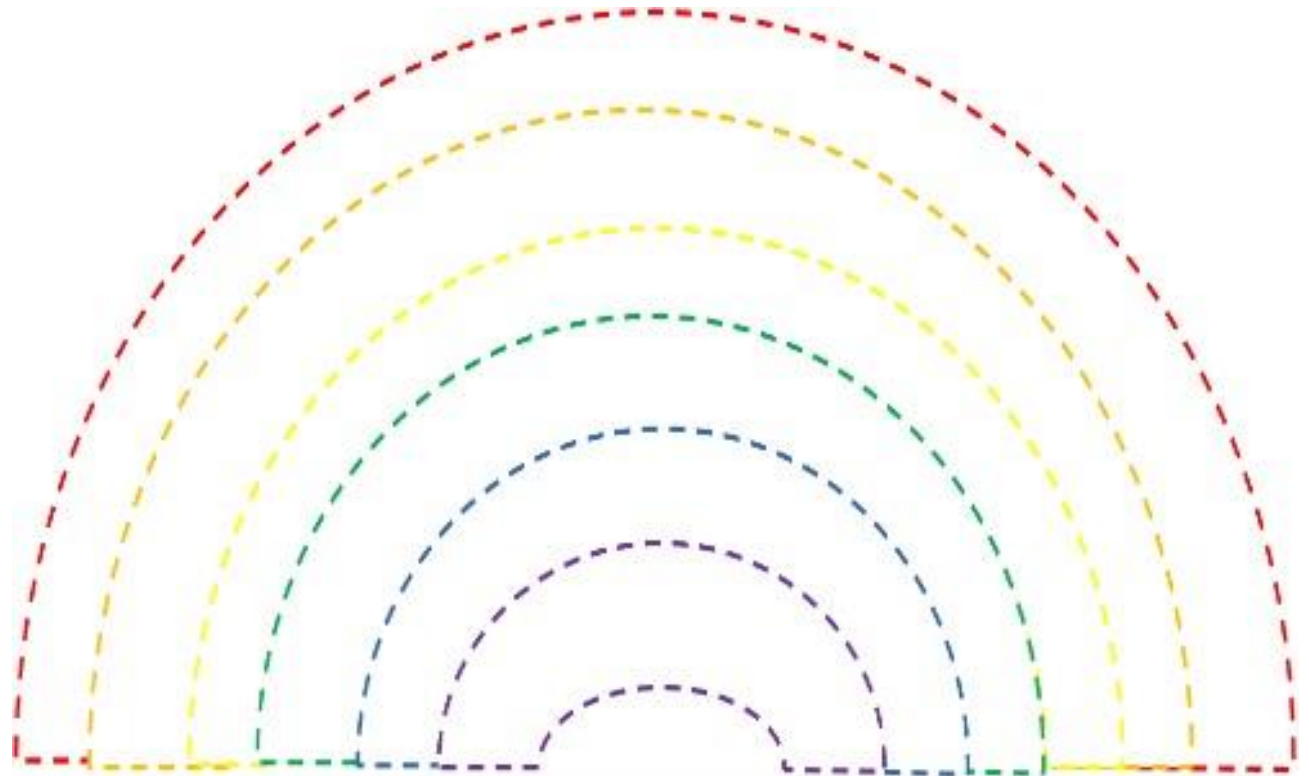
## Rainbow Suncatcher

### Materials

Clear contact paper.

Tissue paper – purple, blue, green, yellow, orange and red.

You only need a small amount of each colour.



1. Use the template rainbow as a guide.
2. Cut the tissue paper into 1-inch squares.
3. Cut the clear contact paper slightly bigger than the rainbow template.
4. Lay the contact paper sticky side up over top of the template.
5. Start crumpling and sticking the colored tissue paper to the right colours.



## Paper Plate Dream Catchers

### Materials

Paper plate – Yarn – Scissors  
Hole punch – Beads - Feathers

### Step by Step guide

1. Cut through the paper plate around the inside of the rim.

This would best be done would best be done by an adult.

2. Using the holepunch make 12 holes around the rim

3. Then measure out about 3 feet of yarn (you will want to use 3-4 strands per plate) and tie one end to a hole.

4. Weave the yarn through 4 holes, on the last hole near the bottom, pull the yarn through and attach a few beads, tie on a feather and snip off the excess string.

5. Repeat this with the other pieces of yarn.



## Paper Roll Aliens



### Materials

Toilet Roll

Glue Selection of your own craft materials

Paint / Pens / Crayons

If you're looking for a toilet paper roll craft that will truly allow your kid's creativity to shine, this is the one. Aliens can come in so many different forms so your kids can really go wild with what they create!

## Peg Dragonflies

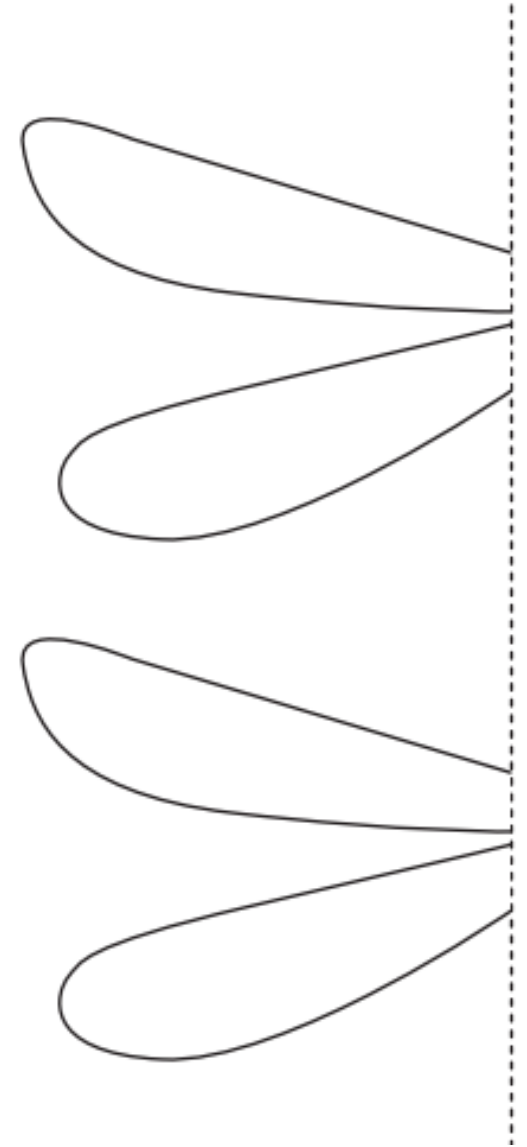
### Materials

Wooden Pegs – Sharpie Markers – Googly Eyes

Glue – Coloured card



1. Decorate your peg with sharpie markers. There are striped tails on these dragonflies but anything goes.
2. Fold the wing template along the dotted line and cut out a set of wings.
3. Glue the wings and google eyes in place and allow to dry.
4. Make your dragonfly some friends!



Congratulations!

You have completed the Prostars Physical Activity planner!

We would love to hear what you thought of our planner so please if you can leave us a review on our Facebook page! (Search 'Prostars' to find us).

Can we take this opportunity to say a huge thank you from all of us at Prostars, it has been great to be on this journey with you and we hope you continue to lead a healthy lifestyle and stay active!

If you want to get in contact please email us at

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