



Premier  
Education

INSPIRING  
ACTIVITY

2023

# Summer Activity Book



# THIS IS WHERE THE FUN BEGINS

Things to look forward to this summer...

## WOMEN'S FOOTBALL WORLD CUP

Where: New Zealand and Australia

When: 20th July - 20th August 2023

The Women's Football World Cup heads to the southern hemisphere this year with Australia and New Zealand hosting together. We can't wait for the action to start!

32 teams are taking part this year during this action packed month-long celebration of women's football!

Follow along with events but printing out our free wall chart! Simply scan the QR code below to download.

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

### FREE WALL CHART



### SPOTLIGHT ON...

#### ...England

After phenomenal success in the Euro's, the Lionesses are currently second favourites behind the USA to lift the trophy!

With Leah Williamson and Beth Mead both missing from this year's squad, who will be the next star to shine?



## 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:



### PREMIER HOLIDAY CAMPS

Where: 200+ venues across England

When: 20th July - 3rd September 2023

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



# HOT SPOT CHALLENGE

Create your own HIIT circuit and get friends and family to join in too!

Set up three to six different stations in a suitable area (garden, living room, etc)

Assign each area with a different exercise. Examples include jumping jacks, push ups, skipping rope jumps, lifting a football off the floor and holding it above their heads and squat jumps.

Each person picks a starting hot spot.

Using an Interval Timer app, stopwatch (or assisting parent/guardian!) decide on your exercise times and rest times. 30 seconds 'on' and 10 seconds 'off' is a good starting point.

When the time starts, participants should try to do as many of each exercise they can do in the time allowed.

Move to the next hot spot in the rest period.

*\*To make it more difficult, you can increase the time spent doing each exercise (but make sure to increase the time between each hot spot as well).*

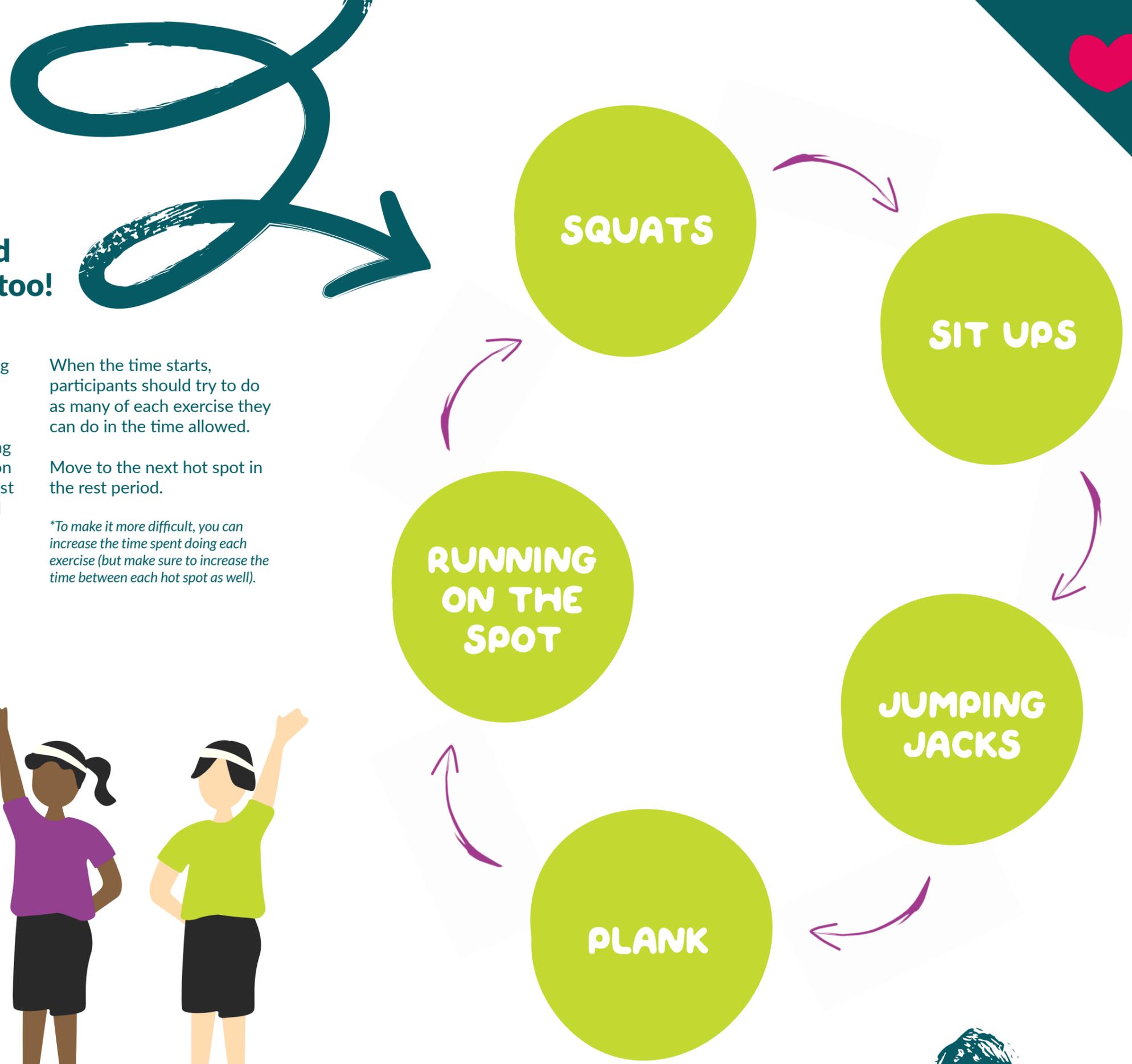
**HOT SPOT 1. SQUATS**

**HOT SPOT 2. SIT UPS**

**HOT SPOT 3. JUMPING JACKS**

**HOT SPOT 4. PLANK**

**HOT SPOT 5. RUNNING ON THE SPOT**



# 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.

You might even be surprised at how much activity 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 FOOTBALL
- A PLAYGROUND
- CRICKET BAT
- A CYCLIST
- A FOOTBALL GOAL
- RUBBISH\*
- TRAINERS
- CLIMBING FRAME
- SOMEONE IN A FOOTBALL SHIRT
- DOG WALKER
- BASKETBALL HOOP
- KIDS PLAYING FOOTBALL
- A PARK
- A SKIPPING ROPE
- SOMEONE JOGGING
- ANOTHER FAMILY EXERCISING
- SKATEBOARD
- 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

# 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



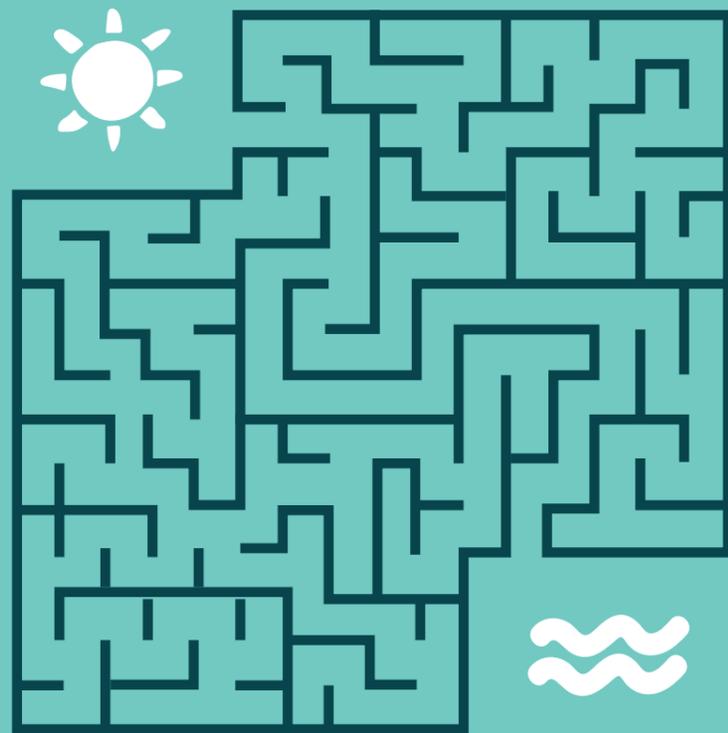
Creative



|      | MONDAY | TUESDAY  | WEDNESDAY | THURSDAY | FRIDAY      | SATURDAY | SUNDAY |
|------|--------|----------|-----------|----------|-------------|----------|--------|
| JULY |        |          |           | 20       | 21          | 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      |

# 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

TUSSIMIW = \_\_\_\_\_  
ACEBH LABB = \_\_\_\_\_  
TAHUNS = \_\_\_\_\_  
DRIFENS = \_\_\_\_\_  
LODIYAH = \_\_\_\_\_

## 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  
SWIM  
VACATION

SUMMER  
FUN  
BREAK

ADVENTURE  
RELAXING  
SUNSCREEN

## JUST KIDDING!

How can you tell if an ocean is friendly?

It waves!

Where do sheep go on holiday?

The Baaaa-hamas

What did the pig say on a hot summer's day?

I'm bacon

# 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 now on offer.

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



**Did you know?...**  
Eating all the colours of the rainbow can help boost brain health and reduce the risk of heart disease.

## RAINBOW FRUIT SKEWERS

### YOU WILL NEED:

- Blueberries
- Red grapes
- Melon
- Pineapple chunks
- Strawberries
- Kiwi
- Wooden skewers

1. Wash hands and ensure work surface is clean.
2. Wash fruit and dry on paper towel.
3. Halve any large strawberries and cut the melon into chunks.
4. Peel kiwi and cut into chunks.
5. Open pineapple tin and drain or prepare fresh pineapple.
6. Thread pieces of fruit onto skewer. Be careful as the ends of the skewers may be sharp. Ask a parent or guardian to help you if you need it.

## ETON MESS

### YOU WILL NEED:

- Bread
- 4 cups of fresh strawberries
- 1 ½ cups of double cream
- 2 cups of ready made meringues
- Few drops of vanilla essence

1. Rinse the strawberries and remove the heads. Set aside.
2. Loosely crumble the meringues into a bowl. Set aside.
3. Pour the cream into a large bowl and add a few drops of vanilla essence. Now whisk, whisk, whisk! You are aiming to get it thick enough so that it forms soft peaks!
4. Gently combine the fruit, cream and meringue together and serve with a juicy fresh strawberry on top!

**Did you know?...** Strawberries are packed full of antioxidants. Why not see if there's a local strawberry picking farm near you so you can collect your own to enjoy!

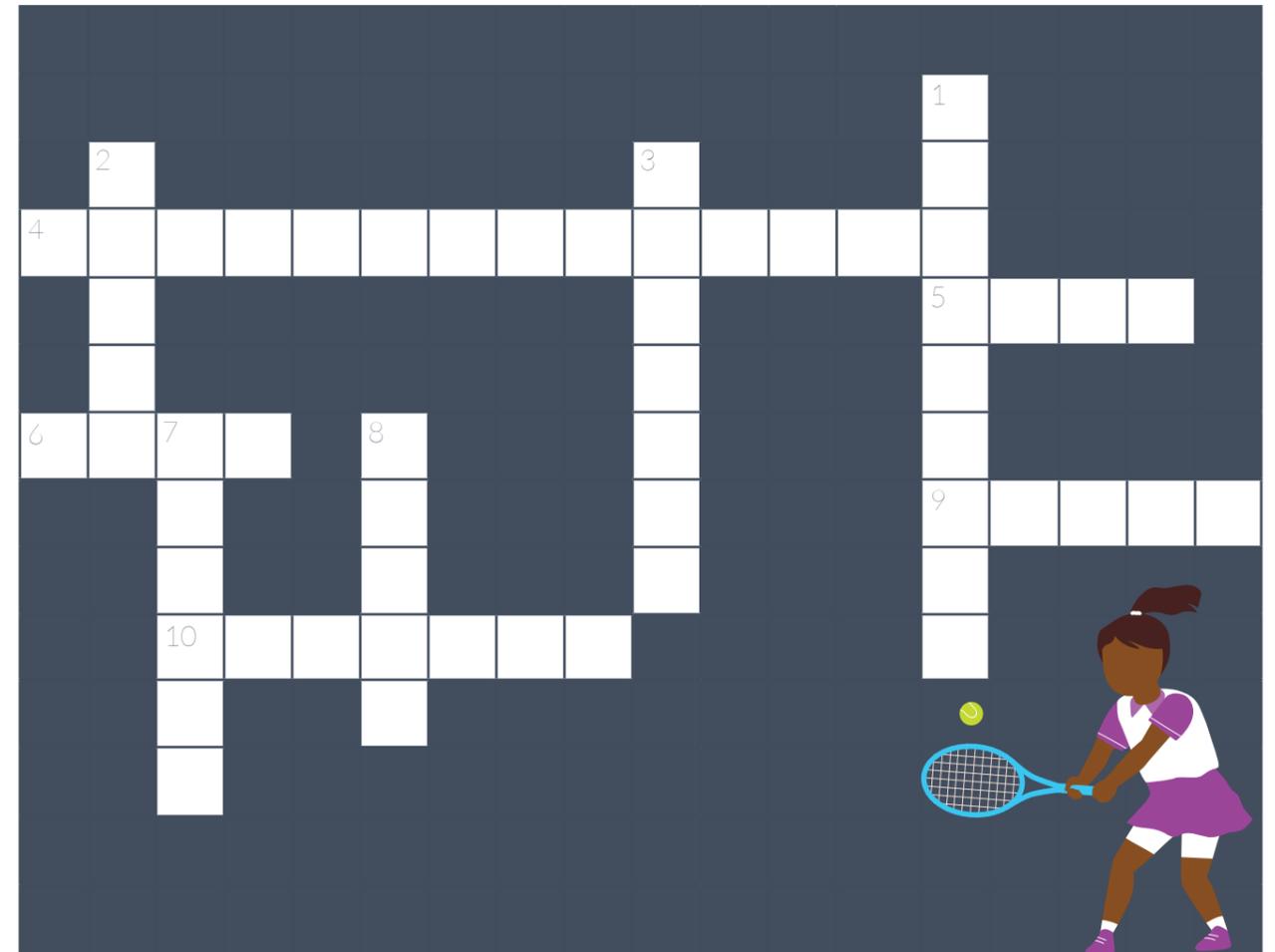


# COLOUR ME IN...



# CROSSWORD

Test your sporty knowledge with this physical activity based crossword!



## ACROSS:

- England's national football stadium (7,7)
- Highest Karate achievement, Black \_\_\_\_ (4)
- Basketball, Netball and Football are all played with these (4)
- Fun indoor game, \_\_\_\_\_ball (5)
- You can not 'travel' with the ball in this game (7)

## DOWN:

- Home of UK Tennis Championships (9)
- How players start a game of tennis (5)
- Manchester City's prolific goalscorer, Erling \_\_\_\_\_ (7)
- Andy Murray and Roger Federer are stars of this game! (6)
- Game in which you score a try, not a goal! (5)



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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!



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!

