

Prostars Weekend Activity

Pack



Name:

Age:

School:

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 a range of Physical Activity Planners for children to complete when they are not in school. Our planners 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!



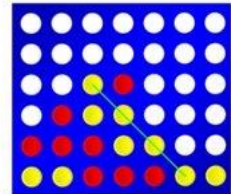
Prostars Fitness Connect 4



THE ORIGINAL GAME OF **CONNECT 4** FITNESS

10 JUMPING JACKS	10 SQUATS	10 MOUNTAIN CLIMBERS	10 LUNGES	5 PUSH-UPS	15 SECOND WALL SIT	20 HIGH KNEES
5 BURPEES	20 HIGH KNEES	10 SECOND BUTTERFLY STRETCH	20 HIGH KNEES	5 BURPEES	10 SIT-UPS	10 SQUATS
10 LUNGES	10 SIT-UPS	15 SECOND WALL SIT	10 SQUATS	10 JUMPING JACKS	10 MOUNTAIN CLIMBERS	5 PUSH-UPS
10 SQUAT JUMPS	15 SECOND LOW PLANK	5 PUSH-UPS	15 SECOND LOW PLANK	10 SQUATS	10 SECOND BUTTERFLY STRETCH	10 SQUAT JUMPS
5 PUSH-UPS	5 BURPEES	15 SECOND WALL SIT	10 MOUNTAIN CLIMBERS	15 SECOND WALL SIT	20 HIGH KNEES	15 SECOND LOW PLANK
15 SECOND LOW PLANK	10 JUMPING JACKS	10 SECOND BUTTERFLY STRETCH	10 SQUAT JUMPS	10 SIT-UPS	10 LUNGES	10 JUMPING JACKS

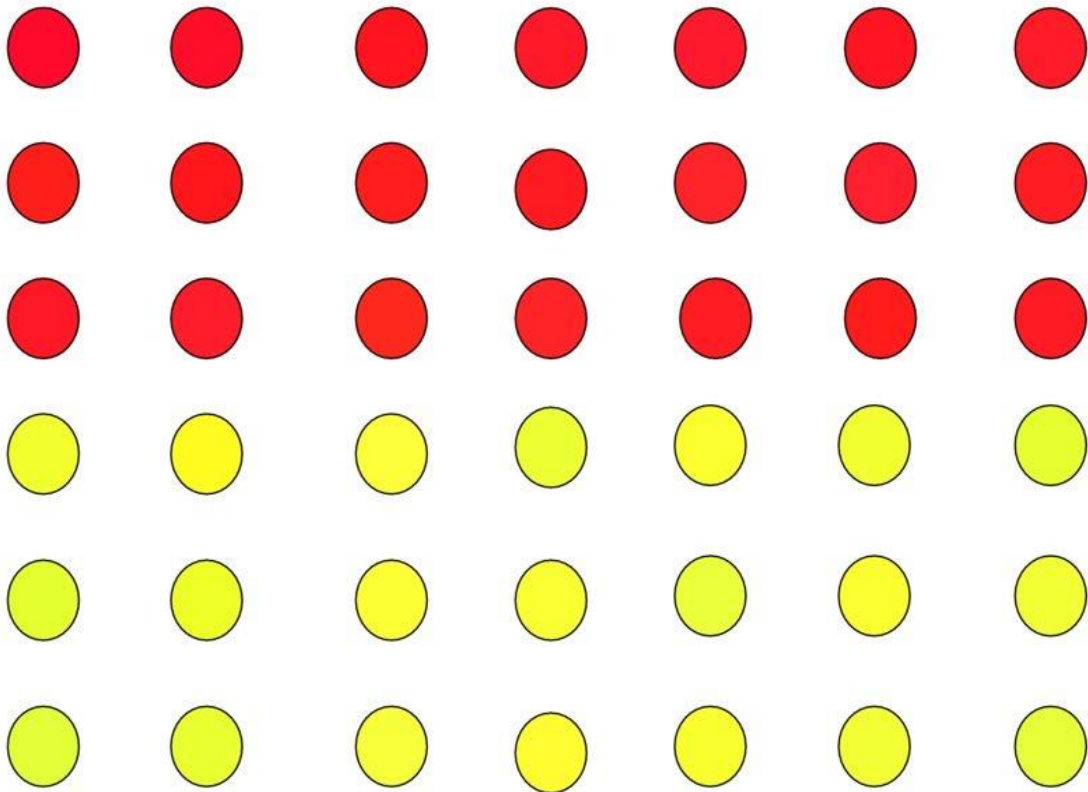
Directions:
 *Cut out your red and yellow game pieces.
 *One person plays red pieces and the other person plays yellow pieces.
 *Rock, Paper, Scissors to decide who goes first.
 *Place your game piece on a circle on the board and perform the exercise. Take turns.
 *First person to get 4 in a row in any direction (horizontal, vertical, diagonal) wins the game.
 *HAVE FUN!!



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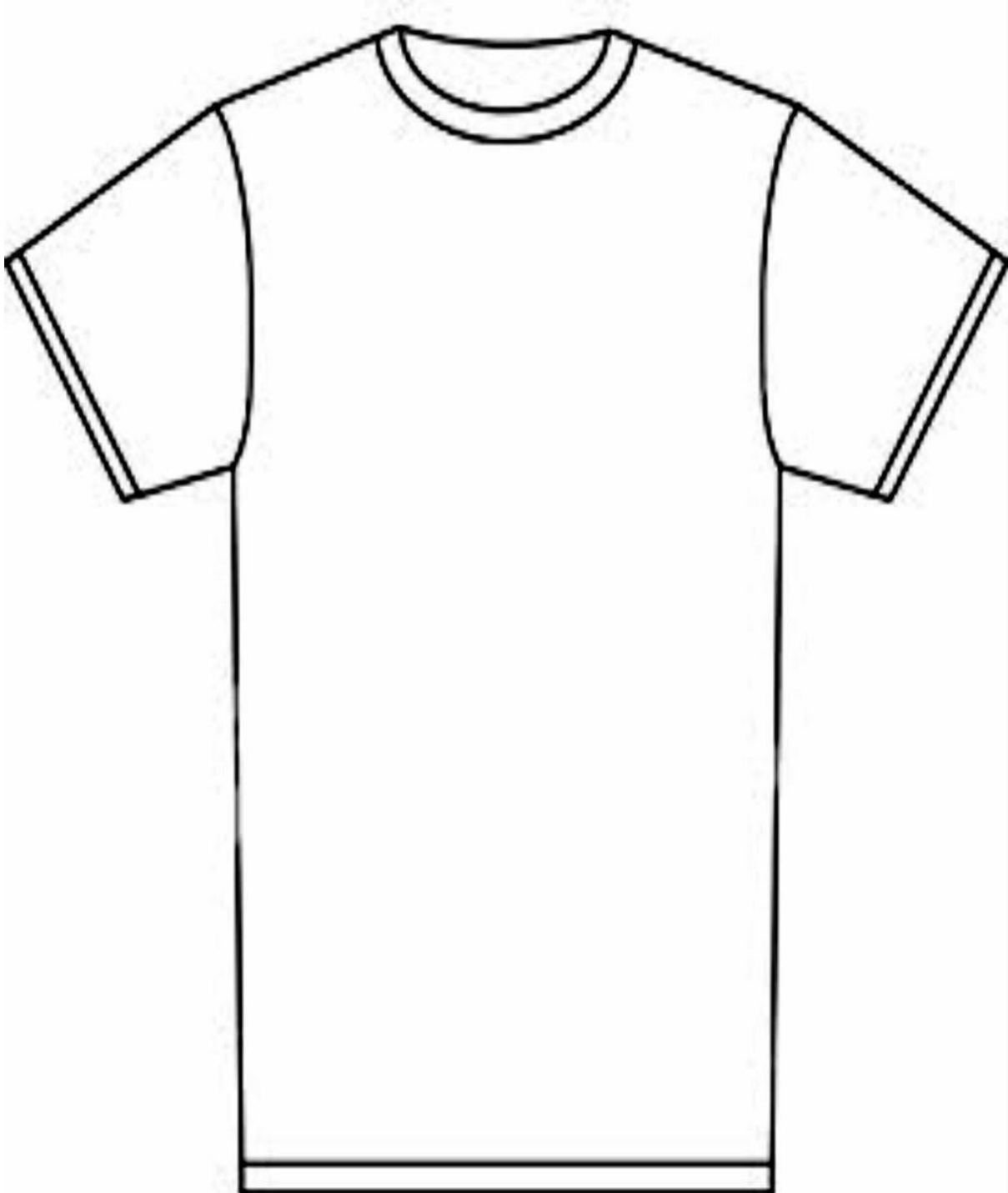
GAME PIECES



Prostars Sports Quiz

1. Which colour jersey does the leader in the Tour de France cycle race wear?
2. Which Welsh footballer plays as a winger for Spanish club Real Madrid?
3. Which American boxer was known as 'The Greatest'?
4. How many points does a player get for a try in rugby?
5. In which sport might you hear the score announced as '30–love'?
6. In which athletics event is a long stick used to jump over a high bar?
7. A pommel horse is a piece of apparatus in which sport?
8. Which sport takes place in a velodrome?
9. In which sport can you get a hooker, lock, scrum-half and outside-half?
10. Which country has won the football world cup most times?
11. In which sport can you get 'a hole on one'?
12. Which sport is also known as ping pong?

Create your own PE t-shirt!



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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