



Premier
Education

**INSPIRING
ACTIVITY**

ACTIVITY BOOK

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

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THIS IS WHERE THE FUN BEGINS

Things to look forward to
this summer...

LONDON ATHLETICS MEET

Where: London, UK

When: 19th July 2025

The London Athletics Meet will return to the London Stadium on Saturday 19th July 2025, as part of the Wanda Diamond League series.

Last year saw the event sell out for a second year and featured international superstars including Noah Lyles, Femke Bol, Dina Asher-Smith, and Keely Hodgkinson.

SPOTLIGHT ON...

...Hurdles

Last year saw the world record fall in the 60m hurdles on both the men's and the women's side. Grant Holloway is a seemingly unstoppable force in the event, while Devynne Charlton was also hugely impressive last year. Can anyone pose a threat?



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, 2025

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 sports related words.

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

JUST KIDDING!

Why couldn't the athlete listen to music?

Because she'd broken the record!

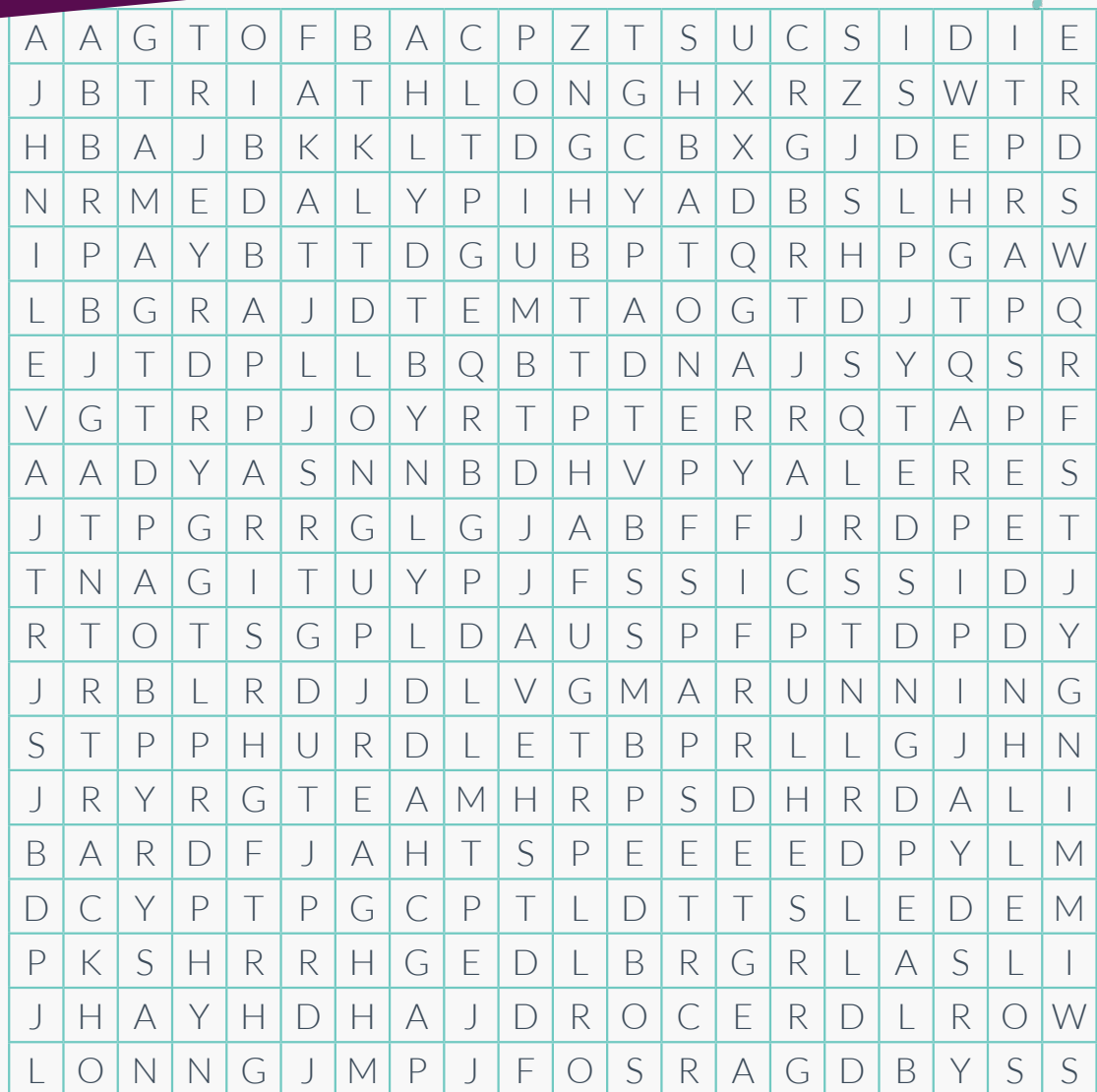
Did you know Cardi B has an athletic sister?

Her name's Cardi O!

What's an athlete's favourite snack?

Champion-chips

WORDSEARCH



RUNNING

LONG JUMP

TEAM

TRIATHLON

ATHLETE

HURDLE

JAVELIN

TRACK

MEDAL

PODIUM

WORLD RECORD

BATON

RELAY

DECATHLON

DISCUS

SPEED

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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**INSPIRING
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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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