

Welcome to Summer Fun 2024!

This booklet is jam packed full of ideas and games to keep you active and busy over your summer holidays! It is divided into five chapters:

- Chapter 1:** Active challenges
- Chapter 2:** Crafty activities
- Chapter 3:** International games to play at home, in the park or on the beach
- Chapter 4:** Healthy recipes from around the world
- Chapter 5:** Puzzles, quizzes and activities for journeys and wet days

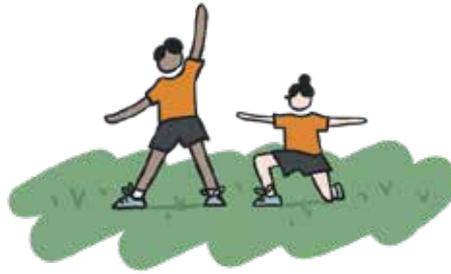
We hope you have lots of fun. Please e-mail any good photos of you, your friends or family doing the activities to us for our picture gallery (info@activeleaders.co.uk). Answers to the puzzles and quizzes in Chapter 5 can be found at www.activeleaders.co.uk.

Have a happy, action-packed Summer 2024!

Active Leaders
www.activeleaders.co.uk
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CHAPTER 1: Active challenges

Set up and try out these challenges. Have five attempts to see if you can beat your previous score each time. Good luck! For some of the challenges you will need a stopwatch or timer.

ARCHERY: Target challenge

You will need chalk to draw a target like the picture, or you can use skipping ropes to make the circles if you are playing on grass. You also need three wet sponges. Draw a start line or position about 1m away from the outer ring. Stand on the start line and throw each of the sponges at the target. Record your score and then try to beat it in the next round! Can you do this challenge sitting down on a chair or on the floor?



Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5

ATHLETICS: Bounce challenge

Find something soft that you can jump over eg a soft toy or rolled up blanket. How many sideways, two-foot to two-foot jumps can you complete in 20 seconds over your obstacle? Make sure either side is not slippery or wet.



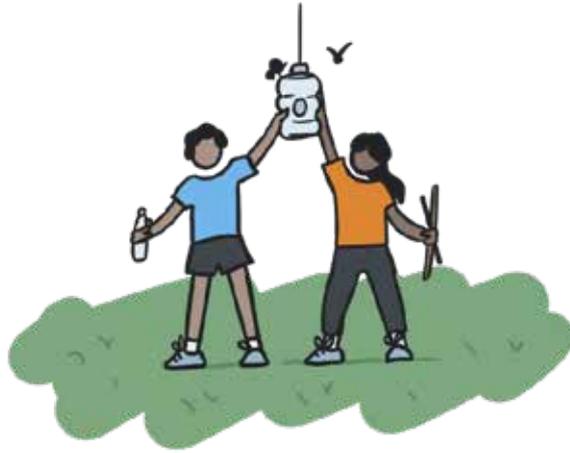
Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5

BASKETBALL: Drop and catch challenge

Hold a large ball behind your head; drop and catch it before it falls to the floor. How many can you complete in 30 seconds? Can you do this with your eyes shut?



Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5



CHAPTER 2: Crafty activities

Combining craft and activity, why not play some of these games using recycled materials?

MILK BOTTLE THROW AND CATCH

You will need: A plastic milk bottle, a pair of scissors and a light ball (or rolled up pair of socks!) Ask an adult to cut off the bottom of the milk container then you have the perfect vessel for catching. Use your free hand to throw to your partner.



SHOEBOX TABLE FOOTBALL

You will need: A shoebox, pair of scissors, straws (or pencils), pegs and a ping pong ball or screwed up piece of paper. Ask an adult to cut out goals at either end of the shoebox and make holes for the straws/pencils (as shown in the picture). Gently, feed the straws/pencils through the holes and attach the players (pegs!) You might want to paint or colour the players so you have two clear teams. Now add the ball and get playing!



PLASTIC BOTTLE SKITTLES

You will need: Used plastic bottles, basic craft equipment (eg paints or coloured pens) and a light ball (or rolled up pair of socks). Decorate your used bottles and decorate them as your favourite characters or sport heroes! Set up your 'skittles' and choose an appropriate start point about 3 metres away. Take it in turns to bowl the ball at the skittles to see how many you can knock over!





CHAPTER 3: International games to play at home, in the park or on the beach

GOLD MEDAL HEIST!

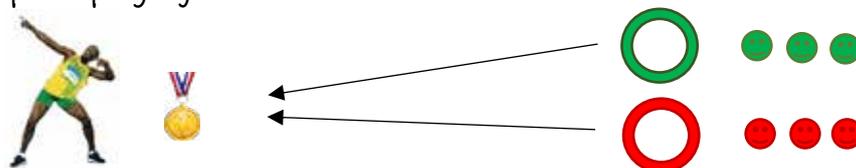
Number of Players: 3+

Equipment: 2 X different coloured hoops or markers, beanbags (or soft toys!) X 20 (these are the medals!)

Aim: To steal the gold medals from Jamaican athlete Usain Bolt!

How to Play:

Set up the playing area as below:



Select one player to be Usain Bolt. Divide remaining players into two teams. Usain Bolt stands in position behind his medals facing away from the teams.

On the word 'Go', one player from each team sneaks towards the gold medals (soft toys or beanbags!)

If Usain Bolt turns around and spots the players moving, they must return to their team and then the next person in the line has their turn.

If a player manages to steal a gold medal, they must sprint and put it back in their hoop before Usain Bolt catches them. If caught, they must put the gold medal back. Players are only allowed to take one gold medal at a time.

If Usain Bolt chases a player, all other players must FREEZE until he either catches the player or the player gets the gold medal safely back to his team's hoop. Play continues until all medals have been retrieved.



Chapter 4: Healthy recipes from around the world

The whole world is coming together this summer to celebrate the Olympic Games in Paris. Why not try out some of these healthy recipes native to some of the countries taking part? PLEASE MAKE SURE YOU ALWAYS SIT DOWN TO EAT, ESPECIALLY WITH SNACKS.

The recipes can be adapted using gluten free flour in place of wheat flour if required. For dairy free replace margarine or butter with dairy free spread; milk and yoghurt with non-dairy alternatives (oat, coconut etc). tsp = teaspoon; tbspn = tablespoon

FRENCH TOAST WITH BERRIES

INGREDIENTS:

2 large eggs
80ml whole milk
40ml double cream
1 tsp vanilla extract
½ tsp cinnamon
4 thick slices of brioche
2 tbsp vegetable oil
2 tbsp butter
icing sugar and fresh berries, to serve



METHOD:

STEP 1

Whisk together the eggs, milk, cream, vanilla and cinnamon. Lay the brioche slices in a single layer in a shallow dish and pour the egg mixture over them. Allow to soak for 2-3 mins, then carefully turn over and soak for 2 mins more.

STEP 2

Heat 1 tbsp of the vegetable oil and butter in a non-stick frying pan over a medium heat until foaming. Carefully lift 2 slices of the soaked brioche out of the dish and add to the frying pan. Fry for 3 mins on each side, until golden and crisp, then place on a wire rack over a baking tray in a warm oven while you repeat with the remaining slices. Serve dusted with icing sugar and fresh berries.



Chapter 5: Puzzles, quizzes and activities for journeys and wet days

SPORT SCRAMBLE!

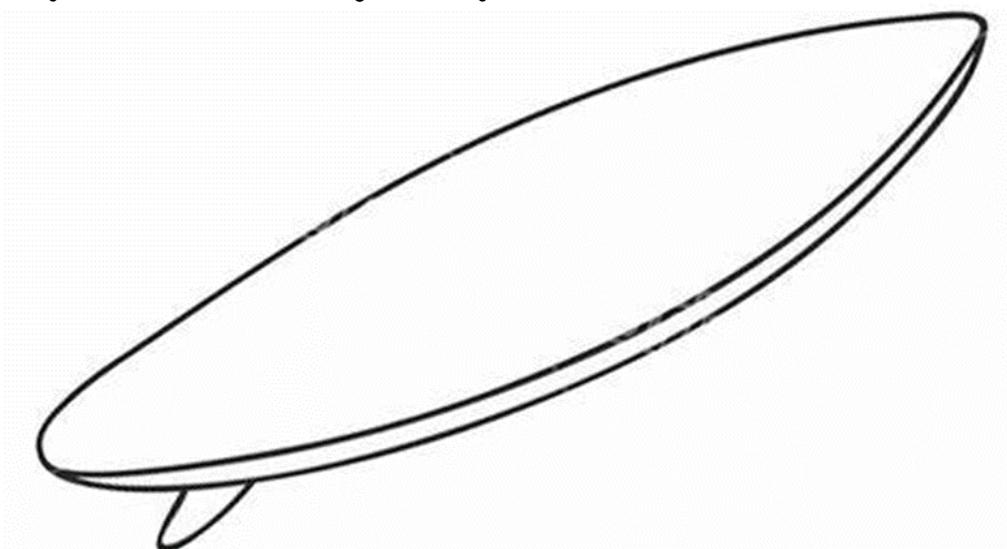
Can you unscramble the letters to find the name of these ten Olympic sports?

NUMBER	SCRAMBLED LETTERS	NAME OF SPORT
1	FLOG	
2	LOLEABYLVL	
3	REYRHAC	
4	GSRFUNI	
5	NBDOMATIN	
6	NHLLDABA	
7	GXNBIO	
8	OUDJ	
9	IIVDGN	
10	OOAEKTDNW	



GET CREATIVE:

World champion surfer, Gabriel Medina would like you to design him a new surfboard. He has asked that you make it as colourful as possible whilst also including his home nation flag-Brazil-somewhere in your design.





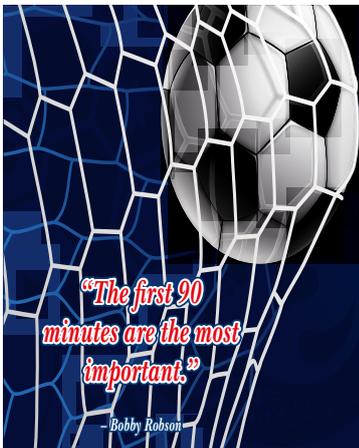
Get Active!



We hope this booklet has inspired you to be more active. Did you know that you should do 60 minutes of activity every day to stay healthy? Here are some links to organisations where you can find out more information about sports and activities to take part in.

ACTIVE PARTNERSHIP NETWORK	www.activepartnerships.org
SPORTS IN THE OLYMPIC GAMES	www.teamgb.com
CRICKET	www.ecb.co.uk
DANCE	www.britishdancecouncil.com
DISABILITY SPORTS	www.activityalliance.org.uk
NETBALL	www.englandnetball.co.uk
SPORT ENGLAND	www.sportengland.org
SQUASH	www.englishsquash.com
YOUTH SPORT TRUST	www.youthsporttrust.org





"The first 90 minutes are the most important."
- Bobby Robson

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