

## Activity sheet

# The 10-star challenge

Here are a variety of fun challenges children can do at home by themselves or you can do together as a family. Can you complete all 10 challenges?

We'd love to see the brilliant things you get up to – get in touch at [plprimarystars@premierleague.com](mailto:plprimarystars@premierleague.com) or via Twitter @PLCommunities using the hashtag, #PLPrimaryStars.

### What you need to know

- There are 10 fun challenges outlined below.
- Please note that some of these activities require space to enable them to be carried out safely.
- The challenges can be marked as complete on a poster which you can download.
- If you can't print the poster, be creative and design one on paper with colouring pens.



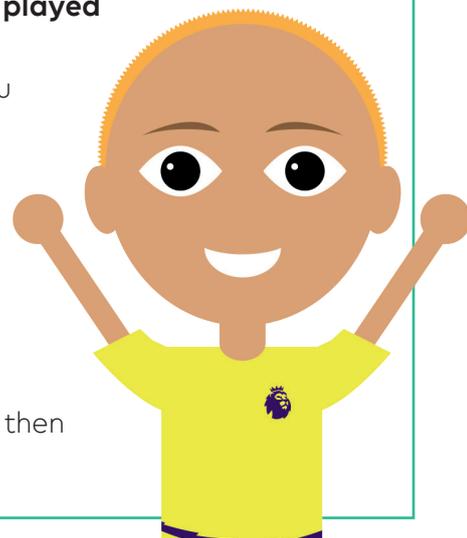
## The challenges



### 1 Sitting volleyball

**You'll need a level space for this and somewhere to make a line along the ground/floor. You'll also need a ball and at least two players. This activity can be played indoors with appropriate equipment and safe use of space.**

- Mark out your court by using four markers. You could use anything you like for this such as hats or shoes.
- For the net make a line along the ground/floor. You could use string, scarves or anything that can be placed on the ground in a line.
- Divide the players into two teams and take turns to serve by hitting the ball across the net to the other team.
- Two serves are allowed and these can be underarm, overarm, or throwing the ball into play.
- Players must stay seated throughout the game.
- If a team misses the court or lets the ball hit the ground in their court then the other team gets a point: first team to 10 wins.



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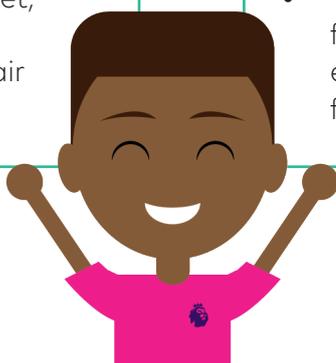
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### 2 Keepy-uppy challenge

**This is a good team game where everyone stands in a circle and tries to keep a ball, or balloon for younger children, in the air using football skills.**

- All stand in a circle and try to keep the ball or balloon in the air.
- Only two touches are allowed at a time.
- Players can use their feet, head, knee, shoulder.
- Can you keep it in the air for 5, 10 or 20 touches?



### 3 Paper chase

**Here's a fun challenge which only needs a little preparation time. You will need about 3-4 sheets of paper and a pen.**

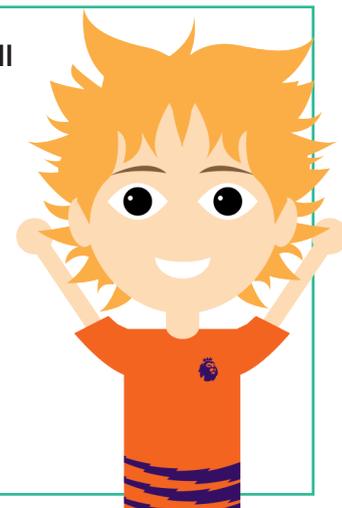
- Cut the paper into about 40 equal sized strips.
- Write a number between 1 and 10 on each strip and draw a football on one.
- An adult hides the folded pieces of paper around the house or in a safe space outdoors in the garden with clear boundaries.
- Children search for the pieces of paper.
- There are two winners: the first to find numbers which add up to exactly 20 and the person who finds the football picture.



### 4 Photo challenge

**This is a search puzzle activity which provides a fun double challenge. You'll need scissors, a smartphone or camera and a laptop/computer/tablet.**

- Cut out the five Premier League Primary Stars avatars found in the colouring pack.
- Place each one carefully around the house or in the garden. Then, take a photo from a few metres back so that the figure can just be seen among plants, furniture or among another backdrop.
- Do this in a different location for each one.
- Show the photos on a screen or TV for your quiz: who can spot the hidden character first?
- Then, why not try and find the characters in real life?



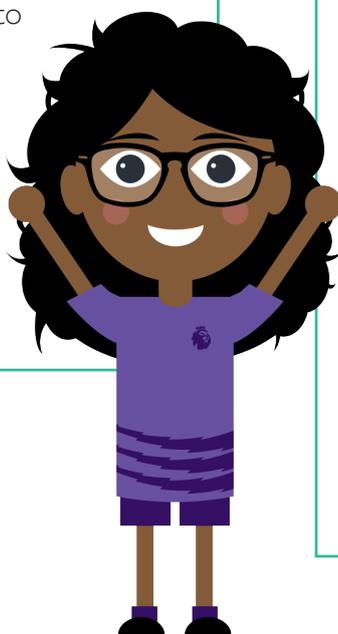
By following any of the activities detailed in the challenge, users acknowledge and understand that there are dangers and risks associated with the activities described. Users also agree to indemnify and hold harmless the Premier League, its employees, agents, officers, from and against any and all liability incurred as a result of or in any manner related to participation in the activities.

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**5 Family walk - Go far**

Premier League footballers are very fit and run 10km on average during a match. During your daily exercise, why not be ambitious and see how far you can go without giving up by trying to climb a hill or attempt a long walk?

- Use a map or web search to find a local hill over 200m high, or plan a 5km walk. You could even try walking a kilometre for every year of your age.
- Be prepared for the weather: hats and good shoes are advisable.


**6 Treasure hunt**

You'll need a football (or a small object you can hide) and some paper and a pen to set up this exciting hunt for hidden things.

- Hide the ball /object somewhere in a safe place around the house or in the garden.
- On a small piece of paper, write a clue to help your child find the ball. For example, if it's hidden behind a tree, 'Look where there's something tall and woody.'
- Write a series of five numbered clues like this and give your child clue 1. Clue 1 will lead to clue 2 and so on. Clue 5 leads to the ball, which is the 'treasure'.
- Make a list of where each numbered clue is hidden, in case you forget!
- Take it in turns to create the treasure hunt.


**7 Star quiz**

This is your chance to find out some amazing football facts. The idea is to each make a short quiz about football, then answer each other's questions. You'll need paper and pens.

- Each person starts by doing some research online or using books. 'Did you know?' facts can be found on the club pages of the Premier League Primary Stars site: [plprimarystars.com/clubs](http://plprimarystars.com/clubs)
- The aim is to write five simple questions each with answers.
- The quiz could cover teams, players, mascots, grounds, managers, nicknames etc.
- Each person reads their questions and the others do each quiz, writing down the answers.



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### 8 Premier League puppet show

Here's a simple way to create a puppet show with a football theme. You'll need scissors, paper, pens and sticky tape.

- To make simple stick puppets, children can cut out the Premier League Premier Stars avatars provided in the colouring pack, or create their own, and colour them in.
- Children can attach them to sticks (made from tightly rolled paper) using sticky tape.
- The puppets will work best if they are glued onto card, but this is not essential.
- Children then create a mini-play with a football (or other) theme and perform behind a sofa.



### 9 Play a game of would you rather?

Here is a simple way to have some fun making some choices connected with football. You'll need paper and pens.

- Write down some 'choose pairs', e.g. Would you rather play for United or City? Would you rather have apples or oranges as your half-time snack? Would you rather lose 4-3 or lose 1-0? Would you rather be Kane or Salah? Would you rather watch an Arsenal or Chelsea game? Overhead kick or bullet header? Would you rather win 3-0 or 5-4? What position would you rather play left-winger or Goalkeeper?
- Try your list out on someone, asking them to explain their choices.



### 10 Team acrostics

Here's a chance to have a little wordplay fun together as a family. You'll need pens and paper.

- Each write down the name of your favourite Premier League team, with the letters arranged vertically, like this:
- Use the letters of your team to describe them:
- Make your team acrostics as wacky as you like:

U  
N S  
C I P  
I T U  
T E R  
Y D S

Cheering  
Inspired  
This  
Year

Serving  
Pies with  
Unbelievable amounts of  
Raspberry  
Sauce

