

Registered Charity Number: 1128464

#InspiringLives

# POACHERS CHALLENGE

April - June 2020



**Lincoln City**  
Foundation



# HOW IT WORKS

Poacher wants to make sure you stay active while you are at home, so with the help of the coaches at Lincoln City Foundation he has put together 'Poachers Challenge.'

Work through this booklet to complete all the challenges, once you have finished pop over to our website [www.lincolncityfoundation.com/poacherschallenge](http://www.lincolncityfoundation.com/poacherschallenge) and let us know you have finished . Poacher will send you your very own certificate to say well done!

Make sure your parents/carers are following Lincoln City Foundation on Facebook to see our coaches taking on the challenges too. There will also be lots of chances for you to win some extra prizes, by sharing your attempts with us.

**GOOD LUCK**



# KIRSTEN'S CHALLENGE



## High-Intensity Interval Training

This challenge will help to keep your heart rate up and your body moving. You might not be able to do the full 3 sets straight away, but keep practising and you will soon achieve this challenge.

Jog on the spot for 30 seconds

20 sit ups

10 squats

Star jumps for 30 seconds

20 lunges (10 on each leg)

10 Push ups

Jog on the spot for 30 seconds

**Complete 3 times**

**Challenge Complete**



# ALICE'S CHALLENGE



## The Cereal Box Game

**This game will test your flexibility. You can challenge your family or play it by yourself, either way its lots of fun!**

Put an empty cereal box on the floor.

Aim to pick up the box off the floor without using anything but your teeth and without putting your hands, knees, elbows, forehead on the floor.

You must not touch the floor with anything other than your feet.

When everyone has had a turn, use the scissors to cut the top couple of inches off and try again.

**Challenge Complete**



# POACHER'S WORDSEARCH

O	T	C	P	H	I	L	I	C	H	B	B	I	I
M	R	U	O	G	A	M	E	I	U	T	A	O	T
S	C	G	T	L	O	Y	E	K	C	O	H	T	H
K	N	A	A	O	R	R	E	H	C	A	O	P	E
O	K	I	C	K	Y	T	S	P	O	R	T	I	M
R	F	O	O	T	B	A	L	L	F	P	Y	P	I
O	T	O	C	S	A	M	T	T	N	T	W	L	G
G	O	A	L	S	P	M	I	I	N	I	M	H	H
L	I	N	C	O	L	N	C	I	T	Y	F	C	T
U	M	P	I	R	E	O	M	A	E	T	Y	O	Y
I	I	T	P	I	T	C	H	K	E	I	N	F	I
B	E	I	H	S	T	A	C	D	L	I	W	O	M
L	B	F	O	U	N	D	A	T	I	O	N	O	P
O	N	E	T	G	Y	T	I	R	A	H	C	T	S

FOOTBALL  
BAT  
THE MIGHTY IMPS  
WILDCATS  
GAME  
PITCH  
LINCOLN CITY FC  
HOCKEY  
PUCK  
KICK  
FOUNDATION  
MINI IMPS  
POACHER  
TEAM  
GOAL  
SPORT  
MASCOT  
CHARITY  
NET  
UMPIRE

Play this puzzle online at : <https://thewordsearch.com/puzzle/962996/>

Challenge Complete



# JONNNY'S CHALLENGE



## The Catching Challenge!

This challenge will help improve your hand to eye coordination. Play with a friend or complete it by yourself.

### Step 1

Throw a ball/safe item in the air.

Clap as many times as you can before catching it.

### Step 2

If you have someone to play with throw and catch together.

Take a step back every time you take a catch.

### Step 3

Introduce 2 balls and throw and catch together at the same time, working on communication and teamwork.

**Challenge Complete**



# KAT'S CHALLENGE



## The Soccercise Challenge

**This challenge will test your ball skills and your stamina. You have to do each activity to complete the challenge.**

Toe taps on the ball (45 seconds)

Dribbling the ball (1 minute)

Step overs (45 seconds)

Dribbling the ball (1 minute)

Squats with the ball (45 seconds)

Dribbling the ball (1 minute)

Tricep dips with the ball (45 seconds)

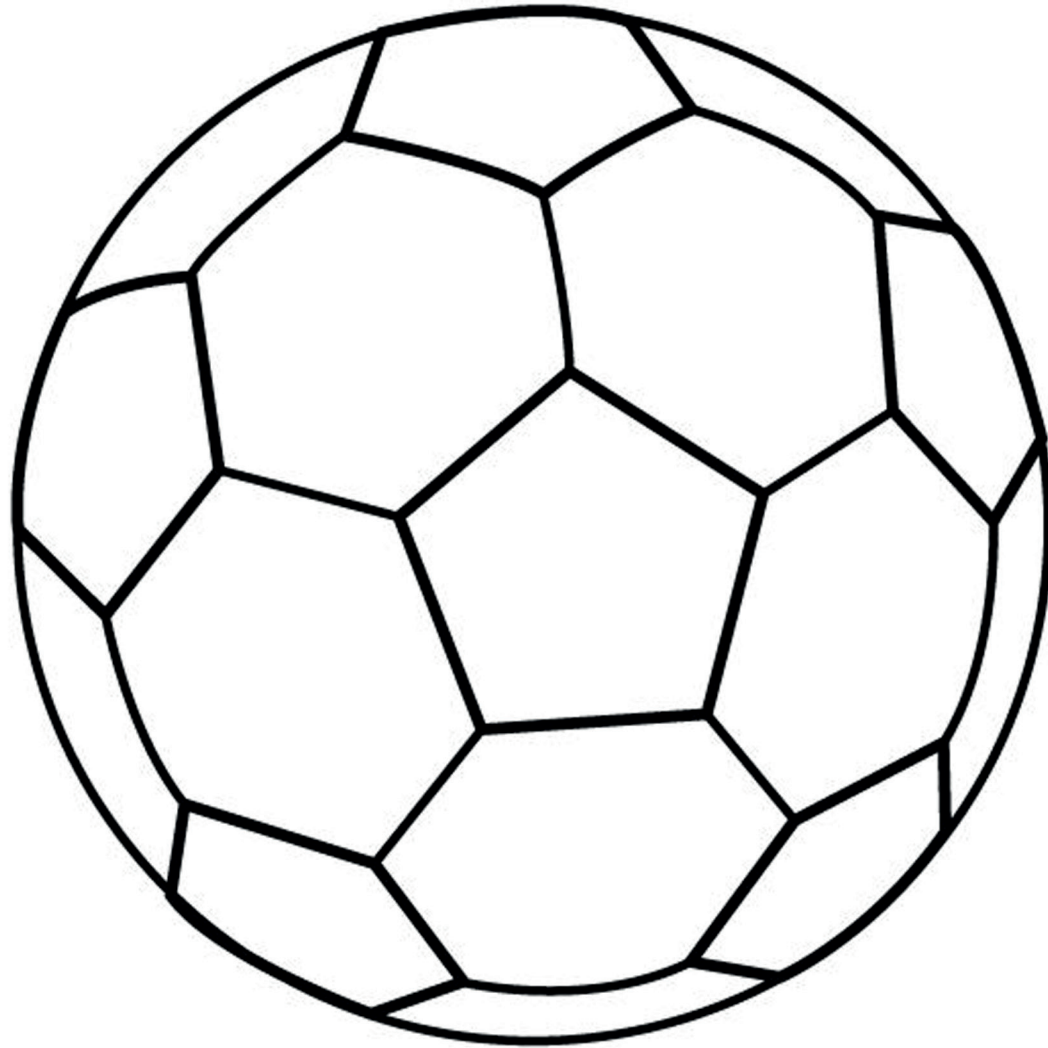
Dribble the ball (1 minute)

Plank (for as long as possible)

**Challenge Complete**



# DESIGN YOUR OWN FOOTBALL



Challenge Complete





# DANNY'S CHALLENGE



## Make The Shot!

Your can play this by yourself or challenge a friend!

**Step 1** - Find a ball or something you can throw

**Step 2** - Find a bucket or a clean and empty bin

**Step 3** - Stand a a few steps away from the bucket and try to throw the ball into the bucket

**Step 4** - Everytime you make a shot, take a step back and see how far back you can get.

**Step 5** - If you need to make it harder, try to kick it in the goal or use a hockey stick!

Challenge Complete



# BRITTANY'S CHALLENGE



## DIY Golf Course!

Create your very own golf course and get your creativity flowing! When your finished, play the game with the whole family.

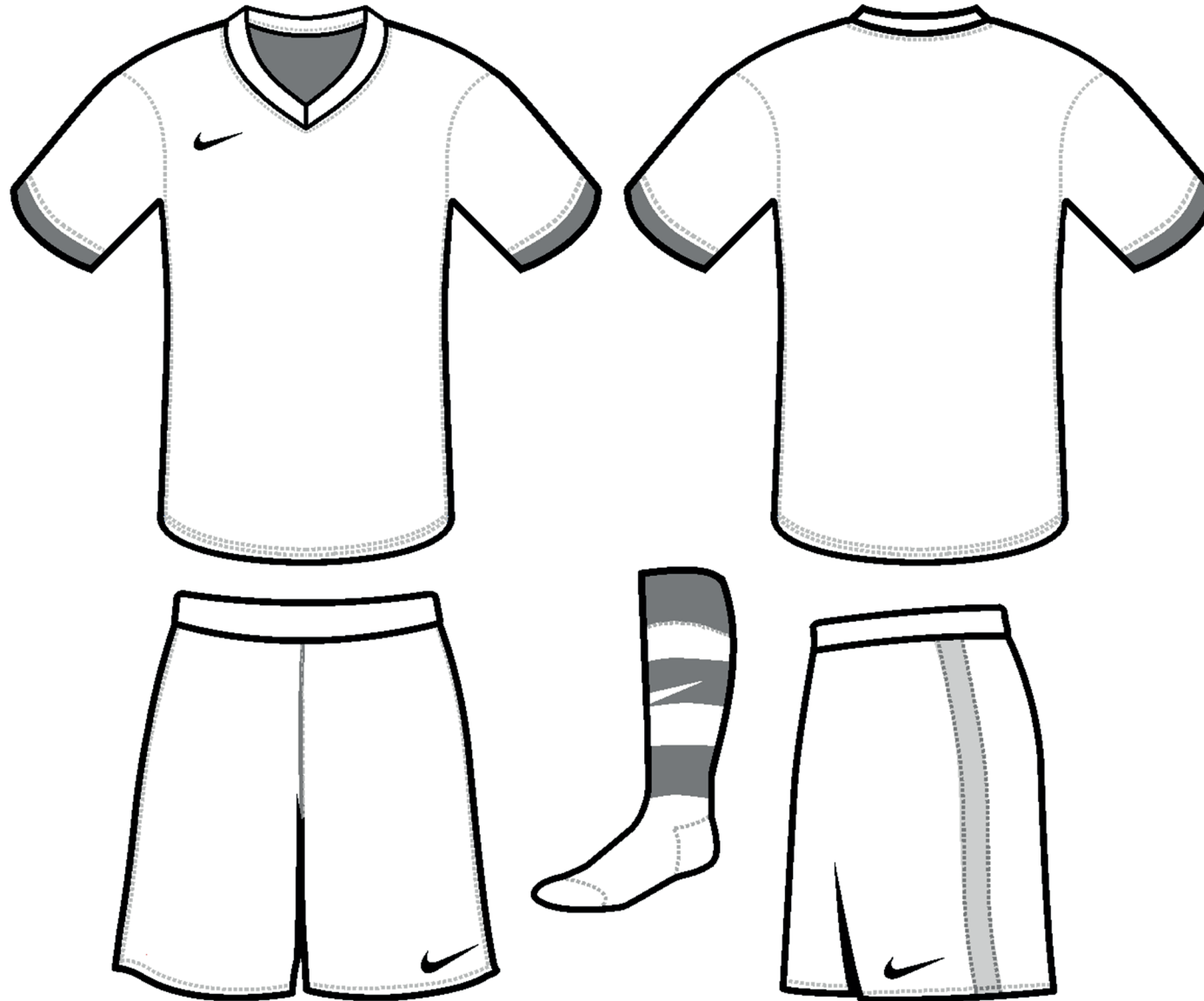
Use recycled objects from around the house to create a greens themed course for a family round of golf.  
- If you do not have a ball and golf club you can use a pair of rolled up socks/paper for a ball and an umbrella for the gold club.



Challenge Complete



# DESIGN A NEW SPORTS KIT



Challenge Complete



# TOM'S CHALLENGE



## Table Top Flick Skittles

**You can play this game with your family or on your own.**

Using toilet/kitchen roll tubes for skittles, use scrunched up paper/ a small ball and flick them towards tubes. You have 2 chances to knock down all of the tubes.

Every go you must move further back.

Have 10 turns each and keep count of who has knocked over the most.

**Challenge Complete**



# LIZI'S CHALLENGE



## Scavenger Hunt!

You can do this scavenger hunt inside or outside!

Set a timer for 2 minutes and then try to collect the following items before the timer runs out!

You cannot have 2 of the same item.

- 3 x Red Objects
- 3 x Blue Objects
- 2 x Yellow Objects
- 2 x Green Objects
- 1 x White Object
- 1 x Black Object

**GO!**

Challenge Complete



# JASMINE'S CHALLENGE



## The Goal Maths Challenge

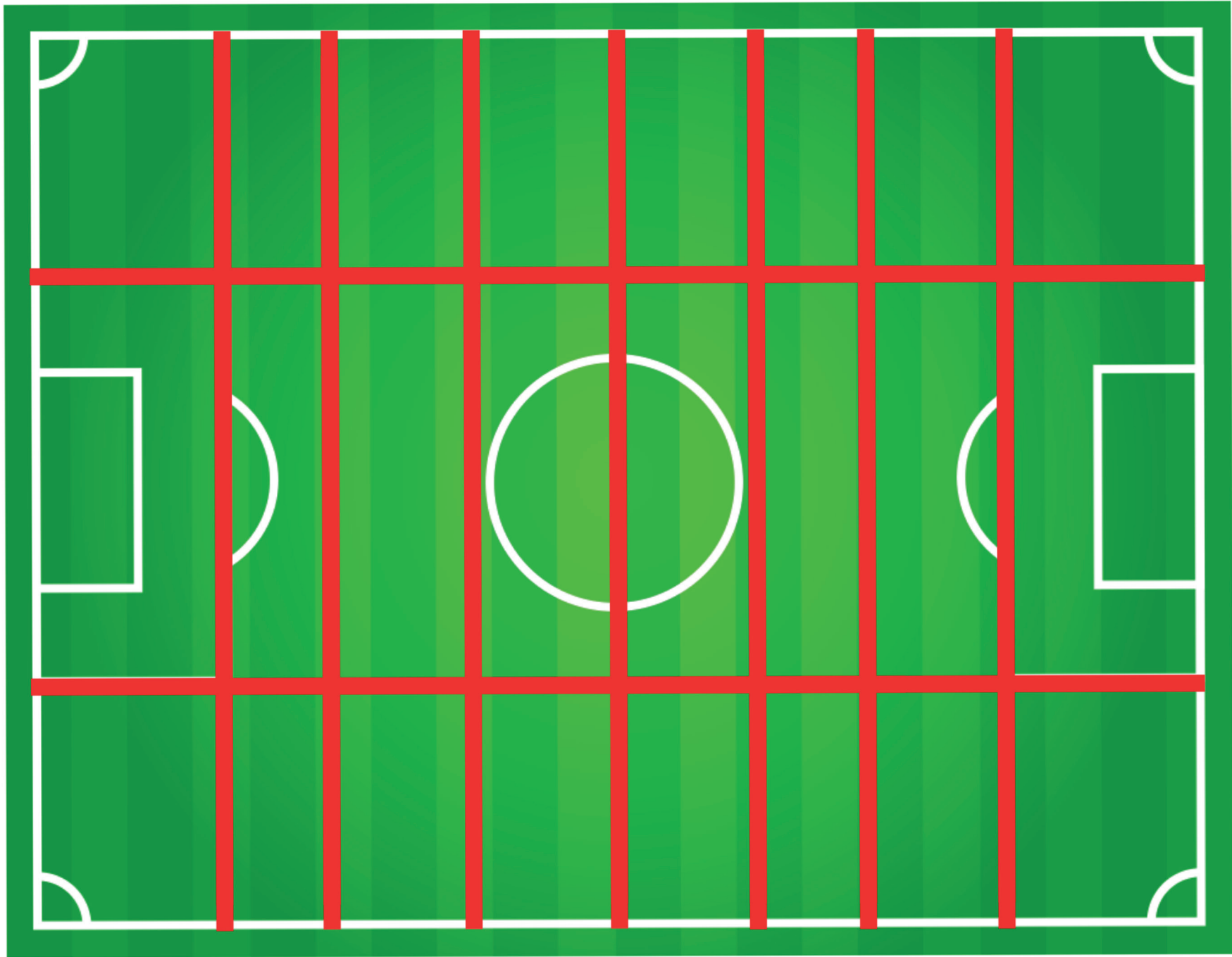
This is a game for 2 players

- Use the football pitch on the next page

1. Choose 2 football teams
2. Choose a times table and, using the colour of your team, write the first 6 answers of the multiplication table at random in every rectangle on the field except the goal.
3. Your partner should do the same, but upside down to you so he/she can see their numbers.
4. Write 'start' in your part of the centre circle.
5. Roll the dice to see who starts. Place the ball (anything small and round) on your 'start' part of the centre circle.
6. Roll the dice, multiply the number by the times table number, and if the answer is in any rectangle touching the 'start' section move the ball to that rectangle and roll again.
7. When you can no longer move you lose possession and it is your opponent's turn!
8. If you get the ball to one of the 3 rectangles nearest to your opponent's goal you can shoot!
9. Numbers 1-3 is a GOOOOOAAAAAAAAALLLLLL!!!!!! And numbers 4-6 is a miss!

Challenge Complete





# WELL DONE!

Well done on completing all the challenges, some of them were really tricky.

Now that you have finished the booklet you need to ask your parent/carer to head over to [www.lincolncityfoundation.com/poacherschallenge](http://www.lincolncityfoundation.com/poacherschallenge) and fill in the form to let us know you have finished.

Poacher will email you, your very own certificate to show off your amazing achievement.

We hope you had a great time working on these challenges with us, come back over the summer for a brand new set of challenges.

*THANK YOU*

