

# Eden Girls' School Enrichment Spring 2020

Please pick at least 2 activities from the selection below and complete them over the next half term

Upload evidence of the activities you complete in your Assignment area in Microsoft Teams

Heads of year will be monitoring this weekly so please ensure you update your assignment area

## Home Science experiments

<https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html>

|   |   |
|---|---|
| <p><b>Balloon Car Race</b><br/>Make and race a balloon-powered car using just a balloon, a plastic cup, straws, thread and rubber bands.</p> <p>Watch the video to see Dyson engineers supersizing their balloon cars to see if they can win the race.</p>                                    |    |
| <p><b>Spaghetti Bridges</b><br/>Can you build a spaghetti bridge that's strong enough to hold a bag of sugar?</p> <p>Watch the video to see Dyson engineers attempt the challenge with their spaghetti replica of the Golden Gate Bridge.</p>   |  |
| <p><b>Marble Run</b><br/>Cardboard. Sticky tape. Marbles. Can you build a run that keeps the marble going for at least a minute?</p> <p>Watch the video to see how Dyson engineers have tackled the problem, including an impressive run made from Dyson parts.</p>                           |  |
| <p><b>Cardboard Chair</b><br/>This challenge focuses on the principles of design and structure. Can you design and build a chair from cardboard, that's strong enough to support your weight?</p> <p>Watch the video to find out more and see how Dyson engineers took on the challenge.</p>  |  |
| <p><b>Make a Periscope</b><br/>Can you turn a shoebox into an ingenious device for seeing around corners?</p> <p>Watch the video to find out more about how periscopes work and how such simple principles can be used to inspire even bigger and better inventions.</p>                      |  |
| <p><b>Cardboard Boat</b><br/>This challenge will test your design and invention skills. Can you design and build a boat from cardboard that's strong enough to float, even with a weight on board?</p> <p>Watch the video to find out more and see Dyson engineers take on the challenge.</p> |  |

# Eden Girls' School Enrichment Spring 2020

<https://teaching.homelearning.outwood.com/science>

## Science



Select the appropriate year group to find resources and support for students working from home.



Year 7



Year 8



Year 9



Year 10 & 11

# Eden Girls' School Enrichment Spring 2020

## ICT Skills

- Code Club

<https://codeclub.org>

- An hour of code

<https://hourofcode.com/>

- Code combat

<https://codecombat.com/>

- Code Academy

<https://www.codecademy.com>

- Khan Academy

<https://www.khanacademy.org/>

- Scratch

<https://scratch.mit.edu/>

- IDEA

<https://idea.org.uk/>

- W3schools website

<https://www.w3schools.com/>

# Eden Girls' School Enrichment Spring 2020

## Cooking

Cook a dish or meal and upload a picture



## Writing

Write a poem or short story about your experience during the lockdown

## History

Create a poster or leaflet about local heritage sites:

- St. Mary's Guildhall
- Coventry Cathedral
- Fords Hospital
- Old Grammar School
- Charterhouse Priory
- Lychgate Cottages
- Swanswell Gate
- Kenilworth Castle
- Stoneleigh Abbey
- Warwick Castle



# Eden Girls' School Enrichment Spring 2020

## Art

### Architecture

*Zaha Hadid was the first woman to receive the Pritzker Architecture Prize, in 2004. She received the UK's most prestigious architectural award, the Stirling Prize, in 2010 and 2011. In 2012, she was made a Dame by Elizabeth II for services to architecture, and in February, 2016, she became the first and only woman to be awarded the Royal Gold Medal from the Royal Institute of British Architects.*



*She was described by The Guardian of London as the "Queen of the curve", who "liberated architectural geometry, giving it a whole new expressive identity". Her major works include the London Aquatics Centre for the 2012 Olympics, Michigan State University's Broad Art Museum in the US, the MAXXI Museum in Rome, the Guangzhou Opera House in China, and the Beijing Daxing International Airport in China. The Daxing airport and the Al Wakrah Stadium in Qatar, a venue for the 2022 FIFA World Cup.*

Research the work and life of Zaha Hadid create:

- Make a model of one of her buildings
- A fact card about her life and work
- A piece of artwork inspired by her style
- Redesign a local building inspired by her design

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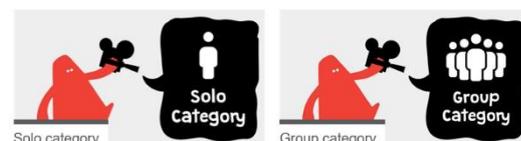
## Film competition

<https://www.childnet.com/resources/film-competition/2020>



You can now enter the 2020 film competition from home, with:

- Three brand new categories.
- An extended deadline of Monday 22nd June.
- Updated entry packs for solo entrants, group projects and storyboard creators.



## What is the Childnet Film competition?

The Childnet Film Competition is now in its 11<sup>th</sup> year and is open to all young people based in the UK. The challenge is to create a short film or a storyboard with a script in response to this year's theme.

This year's theme:

We want an internet where we're free to...

What are we looking for?

We are looking for films or storyboards that tell us why you want an internet that allows people to feel free and safe online and how we can make this happen. Once again we're on the look-out for films with a positive and clear message about the ways we can use of the internet.

## How to enter the competition:

1. Select the category on <https://www.childnet.com/resources/film-competition/2020> that you wish to enter.
2. Download the competition pack which contains everything you will need, including competition packs and film making advice.
3. Start getting creative, plan and make your film or map out your storyboard.
4. Submit your entry and all consent forms to [film@childnet.com](mailto:film@childnet.com) by **5pm on Monday 22nd June**. You will be able to email us entry forms, storyboards and scripts but for films we would recommend using sites like [WeTransfer](#) or [Dropbox](#) to share them with us. Further details for submitting film or storyboard entries can be found within the packs or on the [FAQs page](#).

# Eden Girls' School Enrichment Spring 2020

## Physical Education

1. Toilet roll keepie upies

Instructions – use a toilet roll and see how many kick ups you can do

<https://www.youtube.com/watch?v=LRcQzT1jIVQ>

2. Complete each exercise for 45 seconds then have a 15 second rest then move onto the next exercise.



1. Jumping jacks



2. Wall sit



3. Push-up



4. Abdominal crunch



5. Step-up onto chair



6. Squat



7. Triceps dip on chair



8. Plank



9. High knees running in place



10. Lunge



11. Push-up and rotation



12. Side plank

3. If you don't have a balloon use a plastic bag, once you have done it with one try doing it with two plastic bags and see how long you can keep both up for.

# Eden Girls' School Enrichment Spring 2020

## 60 Second Challenge Air Balloon

Can you keep trying even if you lose a life?

### The Physical Challenge

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

**#StayHomeStayActive**



### Equipment

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

### Achieve Gold

Lose 0 lives



### Achieve Silver

Lose 1 life



### Achieve Bronze

Lose 2 lives



# Eden Girls' School Enrichment Spring 2020

Follow this link and see how many of the 60 second Youth Sport Trust challenges you can complete.

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

Scavenger Hunt - Get another family member to play against you on the hunt. You have 10 minutes try to get as many points as you can. Once the 10 minutes are up, add up your points. Please return all items once completed.

| 1 Point       | 2 Points         | 3 Points       | 2 Points             | 1 Point  |
|---------------|------------------|----------------|----------------------|----------|
| Some sweets   | A hat            | A penny made   | Something to recycle | A bag    |
| Water bottle  | Some odd socks   | A ball         | A reading book       | A penny  |
| A key         | A piece of fruit | A tape measure | Something red        | A pen    |
| A coat hanger | A crayon         | sunglasses     | A toilet roll        | A coat   |
| A hair grip   | Something blue   | An envelope    | A wooden spoon       | trainers |

Try any of the challenges from the link below:

<https://sites.google.com/view/hpeathome-games/more-amazing-games>

Create 3 balls of socks and learn how to juggle. Try 2 first then move onto 3. Use the link below to help you:

<https://www.youtube.com/watch?v=dCYDZDlcO6g>

Try any of the games below with members of you family:

<https://sites.google.com/view/hpeathome-games/home>

# Eden Girls' School Enrichment Spring 2020

## Talk The Talk

CONFIDENT COMMUNICATION FOR LIFE

Use and develop the following skills to help your communication get better each time:

| <b>VISUAL</b><br>WHAT WE SEE...   | <b>VOCAL</b><br>HOW WE SAY IT...                                    | <b>VERBAL</b><br>WHAT WE SAY...  |
|---|---|--|
| Eye Contact<br>Facial Expression<br>Posture<br>Hand Gestures<br>Movement<br>Body Language<br>Appearance | Clarity<br>Pitch<br>Pace<br>Pause<br>Projection<br>Emphasis<br>Tone | Stories<br>Facts & Statistics<br>Quotations<br>Jokes<br>Rhetoric<br>Imagery<br>Opinion |

Each activity is self contained, but adapt to suit your interests – change the topics, swap roles and be creative. ***Most of all have fun and try and get a little better each time!***

# Eden Girls' School Enrichment Spring 2020

## 1. Fillers Beware

This competitive exercise is designed to promote fluent talk, and avoid the use of filler phrases such as 'like', 'you know what I mean', 'err...' and 'umm...'

Ask your child to talk about anything for one minute – it could be subject specific, an anecdote or perhaps what they most look forward to being able to do again when life returns to normal...

Everyone in the game is given one point for every second they speak for, but will lose a point for every 'filler' phrase they use. A student who speaks for sixty seconds without any filler phrases will score 60 points. A person who runs out of material at forty five seconds, and uses five 'filler' phrases will score 40 points.

This exercise can be also employed to revise a topic after a specific subject has been covered in the home classroom.

## 2. The Extended Answer

This exercise helps to develop extended answers from students.

Students are not allowed to answer any questions posed with the words 'yes' or 'no'. A volunteer is seated whilst their peers pose questions. When the person in the chair makes a mistake and uses one of these words, then another person replaces them.

This exercise can be fun – with questions relating to anything – or can be subject specific – with parents providing a series of questions for others to ask the volunteer.

This exercise can be also employed to revise a topic after a specific subject has been covered in the home classroom.

## 3. Pace Yourself

This exercise is designed to reinforce learning through revision – and to encourage people to vary pace when speaking in front of others. It requires a visual count down timer and piece of text provided by the parent.

Participants are provided with a piece of text – it can be anything at all – subject specific, revision orientated, introducing a new concept – and participants selected read aloud to their home audience. Their objective is to read it aloud and complete the text provided as the time hits zero – not before, and not after!

The parent can vary the timer – having participants read the same material in 15/30/45/60 seconds to encourage variance of pace and use of pause.

## 4. For And Against

The aim of this exercise is for participants to take a position on an issue that they then back up with evidence of examples.

Ask each person, regardless of inner belief to create both a reason for and a reason against each statement.

Participants should stand and sit down once they have spoken

- Schools should be totally closed during the Coronavirus pandemic
- Doctors and Nurses should receive a huge bonus when the pandemic is over
- It is OK to keep animals as pets
- School holidays should be longer
- School Uniform is essential
- Students should be able use the internet unsupervised

# Eden Girls' School Enrichment Spring 2020

## 5. Open Discussion Questions

The questions below can be used at any time that you want to get some discussion going. You can invite individuals to respond, or you can chair a whole teatime conversation on the question posed:

1. Is Coronavirus bringing society closer together, or pushing it further apart?
2. What are you missing most under the current restrictions?
3. Should key workers be paid more?
4. Are there any advantages to the current 'lockdown'?
5. What's more important, what others think of you, or what you think of yourself?
6. Who are more embarrassing, parents or siblings?
7. Is the hole part of the polo?
8. If you had to choose which would you be, a body with no mind or a mind with no body?
9. If you knew that you could not fail, what would you do?
10. What do you most look forward to when the 'lockdown' ends?

## 6. What I Dream Of...

The aim of this game is to share a personal dream and two progressive compromises. Each participant is given time to think of the answers to the following linked statements:

I dream of....." they then reveal  
I'd settle for...." And finish with  
I am more likely to get...."

e.g

I dream of eating a MacDonald's...

I'd settle for a Burger King...

I am more likely to get beans on toast...

## 7. I Couldn't Disagree More

This activity is all about how people interact with the other side of an opinion and disagree, positively!

Each person needs to hear the argument, have a few moments to collect their thoughts on the matter, then disagree, stating why they disagree and providing a reason why. Participants should respond with the following opening sentence, 'I couldn't disagree more'. Statements to be disagreed with can include:

- We should all wash our hands regularly
- We should all shower everyday
- I think the world is a better place when everyone wears clothes
- I think we should all try to eat well and be healthy
- I think we should look after the environment
- I think we should take care of older people
- I think school is very important

## 8. I Remember When...

This is an opportunity to remember all of the things that form part of our daily lives and to formulate a list of these things to reflect upon and discuss.

Quite simply, all participants are asked to supply an 'I remember when...' answer for the parent (or child) to collate and lead a discussion on.

This could be followed up with 'I look forward to...'

# Eden Girls' School Enrichment Spring 2020

<https://activities.homelearning.outwood.com>

## Get Cooking!



OGAT Cook Book



Slow Cooker Crunchie Fudge



Stay at Home School Dinners



Fluffy American Pancakes



Banana Bread

©

## Get Crafty!



Paper Plane Challenge



Create a Famous Landmark



How To Make An Erupting Volcano



Scrap Heap Challenge



Loo Roll Art Challenge



Elephant Sculptures



Lockdown Moments



Photography, Art, Craft & Design



Wind Chime



Picasso Masks



Origami Bookmarks

# Eden Girls' School Enrichment Spring 2020

## Get creative



Alien Life



Film Review



Design Your Own Sport



Easter Bunny Gets It!



Creative Writing



Learn Some Magic



Doodle Of The Day



Million Pound Spending Challenge



Create a Journal



A-Z Photography Challenge

## Get Exploring!



Virtual Learning



Exercise Fortune Teller



Outside Bingo



Outdoor Olympics



Fireworks in a Glass



Create an Obstacle Course



Invent a New Superhero



Cabbage Indicator



Target Golf



Fun in the Garden



Morse Code



Computer Science Unplugged

# Eden Girls' School Enrichment Spring 2020

Get connected!

|   |  |   |   |
|---|--|---|---|
| <br>Time Capsule     | <br>What makes me me?   | <br>Create a VMG Display | <br>Lip Sync Battle |
| <br>OGAT Pet Show    | <br>OGAT Joke Book      | <br>Easter Quiz          | <br>OGAT Pen Pals   |
| <br>Household Chores | <br>Learn Sign Language | <br>Family History       |   |

# Eden Girls' School Enrichment Spring 2020

## Geography

Select the appropriate year group to find resources and support for students working from home.



Year 10

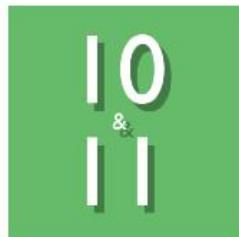


Year 11

<https://teaching.homelearning.outwood.com/geography>

## History

Select the appropriate year group to find resources and support for students working from home.



Year 10 & 11

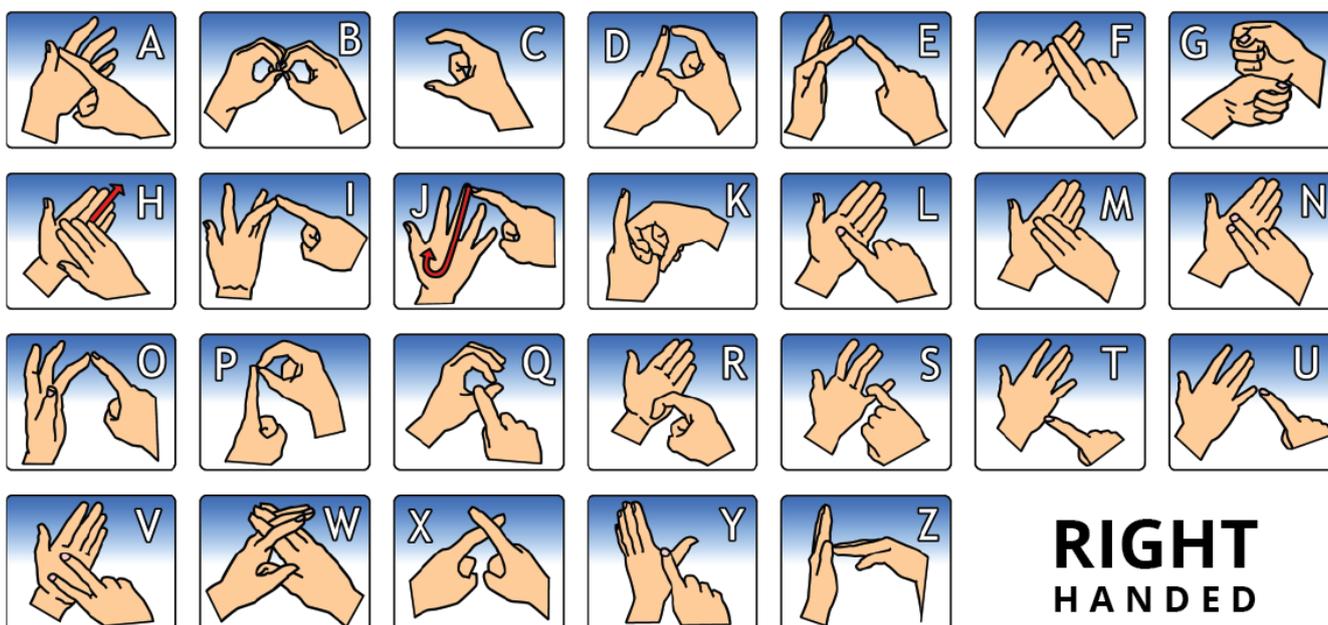
<https://teaching.homelearning.outwood.com/history>

# Eden Girls' School Enrichment Spring 2020

British Sign language

<https://www.british-sign.co.uk/learn-online-british-sign-language-course/>

## BRITISH SIGN LANGUAGE - FINGERSPELLING



[british-sign.co.uk](http://british-sign.co.uk)

LEARN BRITISH SIGN LANGUAGE ONLINE  
AT [WWW.BRITISH-SIGN.CO.UK](http://WWW.BRITISH-SIGN.CO.UK)

## Eden Girls' School Enrichment Spring 2020

**National  
Theatre  
Live**

<https://www.timeout.com/london/news/the-national-theatre-is-going-to-stream-a-free-play-every-thursday-night-032620>

During the lockdown, the National Theatre has come up with a novel way for the public to still enjoy the best from the stage. The best part of it all is that it's free to watch.

Every Thursday at 7 pm BST on the theatre's official YouTube channel, fans will be able to stream a selection of performances for a week.

## Eden Girls' School Enrichment Spring 2020

The National Theatre

National Theatre is now offering access to the National Theatre Collection. For a temporary period, plays can be accessed remotely.

The access details are:

<https://www.dramaonlinelibrary.com>

Username: 8Svx5Vf%u!

Password: 9Cs)8Rw+yx

(The Log in button is in the top right-hand corner of the landing page. Please insert the username and password to left-hand option of the login pop-up.)

Please ensure you type the credentials in rather than copying and pasting them as this can insert invisible spaces which invalidate the details. These should be entered under the 'access log in' and not the 'personal log in'. If you have any difficulties, please test in another browser as some are known as having issues.