



# Barrow Hills

## SCHOOL

# Junior Prep Activities

Dear Junior Prep,

Here are your new activity options for the start of the summer term. Please choose a skill that you want to focus on over the next three weeks and complete one related topic per week in your Activity slot on your timetable.

Please discuss with your parents before you choose the skill you would like to do, as depending on what resources you have or are able to get at home it may depend on what activities you can choose.

There are different skill categories that each have three topics to choose from. Each topic has information on how to complete the skill along with resource links to help you (when opening the links please skip or remove any adverts that may come up).

Once you have completed your topic in full you will need to send pictures, videos, documents etc back through Tapestry so we can review what you have done. You will then receive a certificate if you manage to complete all three topics from a skill.

We hope you enjoy the tasks and you are able to be resilient in completing them either on your own or with parents and/or siblings.

Skill	Topic	Resource and information
Domestic	Recipe	Choose one or more recipes to make from the following link <a href="#">Recipe</a> . Please ask your parents to help you choose. You may have to select a recipe depending on what ingredients you have at home or can get hold of. OR other easy bake ideas <a href="#">here</a> .
	Household chore	Choose a couple from the list below or ask what needs to be done around the house that you could help with: <ul style="list-style-type: none"> <li>● Tidy your room</li> <li>● Wash the car</li> <li>● Do the washing up</li> <li>● Make breakfast for the family</li> <li>● Clean the bathroom</li> <li>● Hoover the house</li> <li>● Take the bins out</li> <li>● Empty the dishwasher</li> </ul>
	Cleaning up the environment	When out on a walk, take a shopping bag with you and try and collect as much litter you can find on your route that will hopefully fill your bag. Please be careful with potentially sharp objects and we would advise you wear gloves and make sure you wash your hands thoroughly after.
Creative	Friendship bracelets	Friendship bracelets are fun and easy to make and all you need to get started is some colorful string, scissors and some cardboard. This is a <a href="#">Link</a> to where you can buy some string online if you have none at home. This <a href="#">Video</a> shows you how to make 5 different bracelets. (some easier than others so start from the beginning) Take a look and start making. Maybe make someone's day by posting them a friendship bracelet to let them know you're thinking of them.
	Salt dough making	Here are two links for Salt dough recipes. These are some fun ideas however you can be creative designing anything you want. <a href="#">Recipe link 1</a> <a href="#">Recipe link 2</a> <a href="#">Creative ideas</a>

	Colouring	<p>Here is a <a href="#">link</a> to follow containing some really great free stencils and colouring pages for you to download and print. You can choose any stencil you like the look of, some are more detailed and more difficult than others so choose accordingly.</p> <p>Here are suggested links for purchasing <a href="#">pens</a> and <a href="#">pencils</a> if you do not have these at home.</p>
Physical	Yoga	<p>Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.</p> <p>Below are a few yoga videos to watch and follow along with.</p> <p><a href="#">Link 1</a>  <a href="#">Link 2</a>  <a href="#">Link 3</a></p>
	Dance	<p>There are so many different styles of dance from ballet to ballroom and street dance to Scottish dancing. Those of you who already have dance lessons may want to make up a routine of your own and maybe when finished show it to the family or make a video of it. Others of you who maybe haven't done much dancing before or want to try something new may want to use the links below that will teach you some dance moves of various dance styles.</p> <p><a href="#">Link 1</a> 'The coffee grinder'  <a href="#">Link 2</a> 'Floss'  <a href="#">Link 3</a> 'The worm'  <a href="#">Link 4</a> 'Moonwalk'  <a href="#">Link 5</a> 'Shuffle'</p>
	PE with Joe	<p>Some of you may be doing this already but if not this is the perfect opportunity to give it a go. Joe Wicks (The Body Coach) has been live streaming a 30 minute P.E. session at 9.00am every morning Monday- Friday since lock down began. His sessions are fun and full of enthusiasm and on occasion even include the opportunity to take part in fancy dress! Here is a <a href="#">link</a> to his first session, if you have already completed this one pick one of his lessons you have not already done, Enjoy!</p>

Games	Chess	Here are online links to different chess games you can play on your own, against the computer or against friends. If you are new to the game follow the Beginner <a href="#">LINK</a> , if you want to challenge yourself follow the Tournament <a href="#">LINK</a> .
	Card games	Choose one or more of these card games that you can teach yourself as well as your family to play with you. <a href="#">Link 1</a> and <a href="#">Link 2</a> If you do not have a full deck of cards at home here is a link to amazon where you can order a very reasonably priced pack with fast delivery. <a href="#">Amazon link</a> If you do not have anyone to play a game with, Solitaire is a great game which you can play by yourself. Here is a link to the <a href="#">rules</a> and here is a link to an online version you can play on the computer or tablet <a href="#">link</a>
	Quiz	Here is a <a href="#">Link</a> to some online quizzes that you can choose from to complete. There are many topics including history, sport, showbiz, trivia and nature etc. Please choose three to five different quizzes (they are only short) and have a go at answering them the best you possibly can. Take your time, read the questions and watch the video clips to help you get the answers correct. Challenge yourselves with categories you might be interested in but wont know all the answers to.
IT	Touch typing	Follow this <a href="#">Link</a> and click 'Get started'. Follow the step by step guide on how to touch type. It will teach you all you need to know and ways of practicing. As you get better at touch typing there are games to play to practise like the example in this <a href="#">Link</a> . Touch typing is becoming more and more important with the ever changing technology in the world. You can practise on Tablets, chromebooks, laptops or computers. Make sure you have a 'Qwerty' keyboard for this website.

	Slides	<p>Google slides or Microsoft Powerpoint presentation.</p> <p>Use either of the above to create a presentation on your life during lockdown. Use pictures and titles on different slides to explain what you have been doing to keep yourself busy.</p> <p>If you don't have either of these programs and you have your tablets you can use S-note, inserting pictures and writing comments and annotating to explain your stories.</p> <p>If you are advanced in IT then you may want to include:</p> <ul style="list-style-type: none"> <li>● Background music</li> <li>● Transitions (fade, dissolve, flip)</li> </ul> <p>Ideas on what to include in your presentation may include:</p> <ul style="list-style-type: none"> <li>● Skills you may have learnt</li> <li>● How you have kept busy and active</li> <li>● How you have helped around the house</li> <li>● How you have adapted to working remotely at home</li> <li>● Your achievements</li> <li>● Use photographs</li> </ul>
	Make a poster	<p>Choose a country you would like to visit, use the internet to research facts including:</p> <ul style="list-style-type: none"> <li>● Population</li> <li>● Language spoken</li> <li>● Currency used</li> <li>● Weather conditions</li> <li>● Pictures of flags etc</li> <li>● Capital city</li> <li>● And many more</li> </ul> <p>When you have found some interesting facts, use Google Docs, Microsoft Word or S-note on your tablets etc to create a poster displaying all that you have found.</p> <p>Here is an example online of one similar that you could use for ideas <a href="#">Poster</a>.</p>