



Barrow Hills

SCHOOL

Middle Prep Activities

Dear Middle 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 Google Classroom 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 |
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| Creative | Origami | <p>Origami is the art of paper folding. Most of you will have made a paper aeroplane before but there is so much more that can be made. All you will need for this activity is some sheets of A4 paper, plain or coloured it doesn't matter.</p> <p>Use the links below and get folding!</p> <p>Link 1 Butterflies</p> <p>Link 2 Dinosaurs</p> <p>Link 3 Turtles</p> <p>Link 4 Birds</p> <p>Link 5 Dogs</p> <p>Others include Heart, Rose, Rabbit, Shark</p> |
| | Colouring | <p>Here is a Link that will give you lots of different stencils and pictures to download and print for free.</p> <p>Choose a picture that will challenge you but also one you that will interest you.</p> <p>Here are suggested links for purchasing pens and pencils if you do not have these at home.</p> |
| | Friendship Bracelets | <p>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 Link to where you can buy some string online if you have none at home.</p> <p>This Video shows you how to make 5 different bracelets (some easier than others so start from the beginning) so 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.</p> |

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| 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. Below are a few yoga videos to watch and follow along with.</p> <p>Link 1 Link 2 Link 3</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 link to his first session, if you have already completed this one pick one of his lessons you have not already done, Enjoy!</p> |
| | Family walk - Route plan | <p>Use a map or the link below to plan the route for a walk for you and your family. Once the route is planned use the map/ your directions and lead the way! Link to Ordnance survey maps website.</p> |
| Games | Chess | <p>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 LINK , if you want to challenge yourself follow the Tournament LINK .</p> |
| | Quiz | <p>Here is a Link 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 are interested in but won't know all the answers.</p> |

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| | Magic tricks | <p>Here are some basic magic tricks which you can learn at home. Magic takes a lot of time and practice where resilience is key. You can work on your acting skills and create a storyline around the trick too, but the main part of magic is to make the person watching believe what you are doing. Choose a trick that you like from the links below and choose one that you want to work on and begin to master it.</p> <p>Link 1 Link 2 Link 3</p> |
| IT | Touch typing | <p>Follow this Link 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 how to touch type. As you get better, there are games to play to practise like the example in this Link. 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.</p> |
| | Slides | <p>Create a short Slides presentation of your time in isolation. You could include:</p> <ul style="list-style-type: none"> ● Skills you may have learnt ● How you have kept busy and active ● How you have helped around the house ● How you have adapted to working remotely at home ● Your achievements ● Use photographs ● Use background music ● Use transitions (fade, dissolve, flip) |

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| | Coding | Use this link to enter a coding website called Scratch. It is very similar to your coding in your DT lessons however this is more advanced with areas where you can create and design your own coded themes. When you have opened the link, click the Tutorials button at the top of the page. This will give you lots of tutorial ideas to choose from. We would like you to complete the 'Animate a name' section but you can also do as many of these as you would like. Once you have coded your name, save and share it back to use to view. If you are unable to do this, please screenshot what you have done and share this instead. |
| Domestic | Recipe | Here are some great recipes you can use at home. You may need to look through these recipes with your parents/guardian to make sure you have or can get hold of all the ingredients. You can either choose a recipe from here or one of your own to make for you and your family. Example recipe link |
| | 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"> ● Tidy your room ● Wash the car ● Do the washing up ● Make breakfast for the family ● Clean the bathroom ● Hoover the house ● Take the bins out ● Empty the dishwasher |
| | Cleaning up the environment | When out on a walk, take a shopping bag with you and try and collect as much litter as 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. |