



Barrow Hills

SCHOOL

Upper Prep Activities

Dear Upper 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 can be resilient in completing them either on your own or with parents and/or siblings.

Skill	Topic	Resource and information
First Aid	Week 1-3	<p>Follow this link from the St John's Ambulance website. It is the DofE Self Teach First Aid booklet with lots of different subjects that covers all you need to know about basic first aid.</p> <p>In your first hour of activity follow the links and worksheets from weeks 1-3 of this document.</p>
	Week 4-7	<p>Follow this link from the St John's Ambulance website. It is the DofE Self Teach First Aid booklet with lots of different subjects that covers all you need to know about basic first aid.</p> <p>In your first hour of activity follow the links and worksheets from Weeks 4-7 of this document.</p>
	Week 8-12	<p>Follow this link from the St John's Ambulance website. It is the DofE Self Teach First Aid booklet with lots of different subjects that covers all you need to know about basic first aid.</p> <p>In your first hour of activity follow the links and worksheets from Weeks 8-12 of this document.</p>
Physical	P.E. 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>
	Meditation	<p>Meditation is a mental exercise that involves relaxation, focus, and awareness. Meditation is to the mind what physical exercise is to the body. Meditation is usually done individually, in a still seated position, and with eyes closed. Use one of the links below and give it a go.</p>

		Link 1 Link 2
	Circuit training	<p>Create a training circuit of ten activities. Examples of these could be:</p> <ul style="list-style-type: none"> ● Star jumps ● Press ups ● Sit ups ● Running on the spot ● Burpees ● Planking <p>Other examples are included in the link below..</p> <p style="text-align: center;">Examples</p> <p>Once you have selected your ten activities, make sure you get warmed up properly with a jog and some dynamic stretches. Set a timer for 30 seconds and work your way through your list working for 30 seconds and then resting for 30 seconds. Once the circuit is complete give yourself a 2 minute rest and then work through your circuit again. Be sure to stretch properly when you finish to prevent muscle soreness.</p>
Domestic	Household chore	<p>Choose a couple from the list below or ask what needs to be done around the house that you could help with:</p> <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
	Recipe	<p>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 may need. Choose a recipe from here or one of your own to make for you and your family.</p>

		Example recipe link
	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.
Creative	Colouring / drawing	Here is a Link that will give you many different stencils and pictures available free to download for you to colour in. To push yourselves, try the adult colouring pages, they are extremely detailed so choose your pens/pencils carefully and take your time to keep your drawings neat. Suggested links for purchasing pens and pencils
	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 Link to where you can buy some string online if you have none at home. 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.
	Origami	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. Use the links below and get folding! Link 1 Butterflies Link 2 Dinosaurs Link 3 Turtles Link 4 Birds Link 5 Dogs

		Others include Heart , Rose , Rabbit , Shark
IT	Touch typing	Follow this Link and click 'Get started'. Follow the step by step guide on how to touch type. This 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.
	Website building	Here you have the chance to build your own website that you can make live for others to view or to practice your IT skills. Firstly follow this link and click 'Start now'. Secondly, create a log in, please use your Barrow Hills email address and use Barrowhills as your password. Thirdly, follow the steps that you are asked to complete. Before this you will need to think of an idea of what you want to build your website for. If you are struggling for ideas, maybe try and build a new school website or a website for your sports team/club etc. Next, you need to choose a template for the idea you have chosen. Lastly, follow the guides to edit the pages you have chosen. Think carefully about the context and the pictures you are using. Try to make it as clear and professional as you can.
	Slides	Create a short Slides presentation of your time at Barrow Hills. You could include: <ul style="list-style-type: none"> ● Some of your favourite memories ● Photographs ● Background music ● Your achievements ● Transitions (fade, dissolve, flip)