

# ENRICHMENT ACTIVITIES

Title	What	Where
<b>Lock down challenge</b>	Students from Year 7 to Year 13 can get involved and logging active minutes is really simple! Just visit -league and log any physical activity you undertake outside of school – walking, running, cycling, online fitness sessions and more!	<a href="https://www.northamptonshiresport.org/lockdown-league">https://www.northamptonshiresport.org/lockdown-league</a>
<b>Activity</b>	<ul style="list-style-type: none"> <li>• Joe Wickes PE every day.</li> <li>• Coach to 5 km – a step step guide to going from sitting on the coach to running 5 km</li> <li>• Pe challenges at home</li> </ul>	<a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a> <a href="https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/">https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</a> <a href="https://www.youtube.com/playlist?app=desktop&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL">https://www.youtube.com/playlist?app=desktop&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL</a>
<b>Dance</b>	Chance to follow some dance routines	<a href="https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ">https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ</a> Just Dance <a href="https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YtTP4g">https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YtTP4g</a> Oti Mabuse from Strictly
<b>Virtual games challenges</b>	Every Monday, there will be a new set of three sporting challenges for you to try that require no specialist equipment and can be completed using objects that can be found around the house!	<a href="https://www.northamptonshiresport.org/virtual-school-games-challenges">https://www.northamptonshiresport.org/virtual-school-games-challenges</a>
<b>Music challenges</b>	You can make more music sing band Lab or garage band or try a task below <ol style="list-style-type: none"> <li>1. Shake it Up! – Found Sounds Orchestra (40 minutes+)</li> <li>2. Riff-Raff – Create music with repeating patterns (10-30 minutes)</li> <li>3. Water Music – Make your own pitched instrument with glasses, water and a spoon</li> <li>4. Miniature Drum Kit – Make a small drum kit from household objects</li> </ol> The instructions are on class charts and are in the packs for non IT students.	Riff raff example <a href="https://www.youtube.com/watch?v=2QhQR-AofPQ">https://www.youtube.com/watch?v=2QhQR-AofPQ</a> Water music example <a href="https://www.youtube.com/watch?v=BcBbRzY20MA">https://www.youtube.com/watch?v=BcBbRzY20MA</a> Mini drum kit - example <a href="https://www.youtube.com/watch?v=qo0fH0yGwnc">https://www.youtube.com/watch?v=qo0fH0yGwnc</a>
<b>Choreography challenge</b>	Compose a solo dance with a style and music of your choice. This will be launched as a competition in lessons and on class charts next week. Time limits are in place.	Class charts for rules and entries to be sent to after the launch. <a href="mailto:zbradley@kingswoodsecondaryacademy.org">zbradley@kingswoodsecondaryacademy.org</a> Or <a href="mailto:kgeoghegan@kingswoodsecondaryacademy.org">kgeoghegan@kingswoodsecondaryacademy.org</a>
<b>Art Competition</b>	Designing a page that could be used for a newsletter or face book page that links with events going on now, and the future i.e. the pandemic, valentines etc. Pupils should use their own Art work (computers can be used) as much as possible and include titles, logos and headlines.	Send to <a href="mailto:Jbenson@kingswoodsecondaryacademy.org">Jbenson@kingswoodsecondaryacademy.org</a> Deadline – 11 <sup>th</sup> of February and winners will be announced after half term. Winners will be displayed in the school gallery.
<b>Art Gallery</b>	A chance to show us any work you are making and drawing while you are at home !	Send to <a href="mailto:Jbenson@kingswoodsecondaryacademy.org">Jbenson@kingswoodsecondaryacademy.org</a>

## **Enrichment links - Links to online galleries, tours and shows**

### **Active and dance**

<https://www.bbc.co.uk/bignightin/keepdancing?scrlybrkr=4ccecd0> Strictly staying in challenge

### **Tours and Galleries**

[https://www.airpano.com/360photo/seven\\_wonders/](https://www.airpano.com/360photo/seven_wonders/) 360 tours of famous places including the 7 wonders of the world!

<https://www.weareteachers.com/virtual-museum-tours/> Museum visits and tours

<https://www.nga.gov/> National Gallery of Art

<https://www.nationalgallery.org.uk/visiting/virtual-tours> Gallery tours.

<https://www.theguardian.com/travel/2020/mar/30/10-best-virtual-tour-worlds-most-famous-landmarks> Tours of the world.

### **Shows and productions for free ! - including Romeo and Juliet**

[https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online\\_51198.html](https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html)

<https://www.childline.org.uk/toolbox/calm-zone/?scrlybrkr=13a70456>