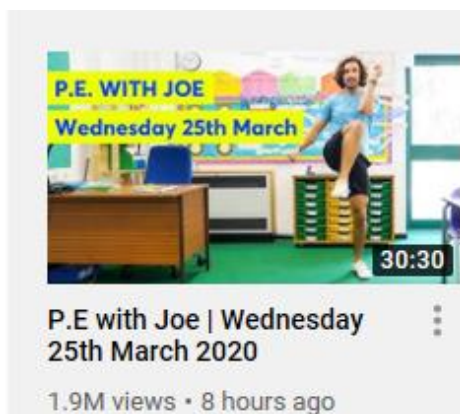


YEAR 7 WEEKLY CHALLENGES! 26/03/20

It is important to keep your mind and body active while you are in your homes. As a year team we will be putting weekly challenges together, some things you can do alone, some with the people in your house!



EXERCISE:



We highly recommend you take part in the Joe Wicks PE session, The Body Coach TV, even if you can't do it live you can go on YouTube and get the video after. Great way to start your day!

Try and get fresh air, this could be going for a walk with people in your household or in the garden or on the balcony. Remember to keep to the social distancing rules! Let us know how you get on!

<https://www.youtube.com/user/thebodycoach1>

CHALLENGE:

Maths –Hegarty Maths is a great way to compete against each other while improving your Maths knowledge:

<https://hegartymaths.com/>



Rubik cube – if you have one of these now is the perfect time to learn how to solve it! Watch some YouTube videos and get practicing. Who will be Year 7 Champion?

Musical challenge-

Create a water glass xylophone set it up and create some music! There is a link to help you below.

<https://learning-center.homesciencetools.com/article/simple-water-glass-xylophone/>



Key contacts:

7.1 – Lhemm@nusa.org.uk	7.4 - ASutton@nusa.org.uk / RThornton@nusa.org.uk
7.2 - RFigini@nusa.org.uk	7.5 - FHuskisson-Moore@nusa.org.uk
7.3 – Drooney@nusa.org.uk	7.6 - AFearnley@nusa.org.uk

Moira Willerton (Safeguarding and Family Support Lead) – MWillerton@nusa.org.uk

TIMETABLE:

We as a tutor team would like to keep updated on how everyone is, they will use Microsoft Teams to set you challenges and tasks to do. Check in each day to complete the tasks, you will receive kickboard points for having completed them. You should spend 20 minutes on these activities.

Monday	Tuesday	Wednesday	Thursday	Friday
Reading	Maths	Newsround	Show and Tell	Quiz time

Maths:

<https://corbettmathsprimary.com/wp-content/uploads/2018/06/silver-march-31.pdf>

<https://corbettmathsprimary.com/wp-content/uploads/2018/06/gold-mar-31.pdf>

<https://corbettmathsprimary.com/wp-content/uploads/2018/06/platinum-march-31.pdf>

Reading:

<https://www.worldofdavidwalliams.com/elevenses/>

<https://stories.audible.com/start-listen>

Newsround:

<https://www.bbc.co.uk/newsround>

Read/Watch one article from the newsround website and discuss with the people in your household. Write a short review about what you found out and what you think about it. Send to lhemm@nusa.org.uk and your tutor.

Show and Tell:

Share something you have done, seen or created this week, this could be something you have drawn, built or seen. It could be something you have achieved for example new high score in a game. You can share this on Microsoft Teams, remember keep it kind and appropriate!

Quiz time:

Friday is quiz time! So get the household round and see how you get on, green flags for each team who returns their quiz sheet. A leaderboard will be published! Quiz sheets will be put on Microsoft Teams and the school website, download and complete it as a word document or just email your answers (clearly stating the round and question number). You have until Sunday 9pm to send your answers.

