

# Ditch the Screens!

Friday 12<sup>th</sup> February 2021

We must not underestimate how challenging lockdown has been for many people. You have all been working hard, often spending hours at a time on your screens in order to make progress with your studies. This afternoon, it's time to ditch those screens and take some time to enjoy the simple things in life. Your staff at Bourne have pooled together some ideas of screen-free activities you can do at home. There's even an opportunity to win Amazon vouchers (Page 9)

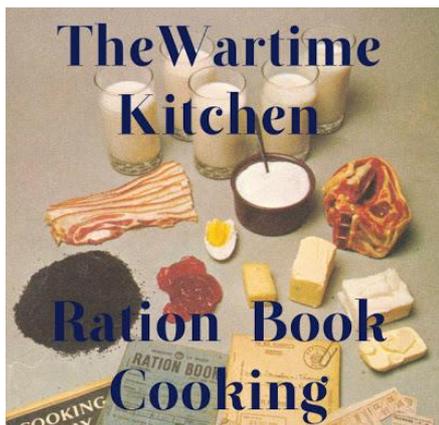
Take some time to reflect, relax and enjoy...

## Mrs McGarry's Hysterical History



Bake a cake shaped like a famous historic landmark, e.g. the Tower of London

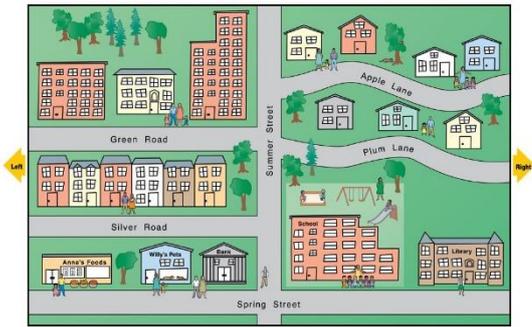
Dress up (you, a family member or a toy) as a famous historic character.



Cook a meal from the past, e.g. look up recipes from during rationing in WWII

# Mrs James' Geographical Gems

## Neighbourhood Map



Create a map of your neighbourhood *without* key map elements, like a compass rose, labels, and a key. Then have a family member or friend try to use the map to reach a particular destination. Talk about the ways in which the map was difficult to use.

## Make a Papier-Mâché Globe

Use newspaper strips and a balloon. Use coloured paints to show land and water and add borders and labels.

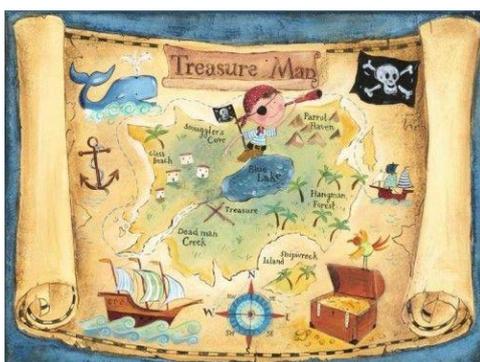


## Make a Flag

Country flags are designed to represent the history or ideals of a country. Design a flag that represents you—you can model it on your heritage, favourite activities, sports, animals, or family.

## Map Your Senses

Plot an unusual, but safe, route on a map of your school or surrounding area. Use a journal to take notes on the things you see, smell, hear, touch, and taste along the way. Take photographs if you can. Then use art supplies to create a sensory map of your community. Be creative! Use pens, pencils, paint, construction paper, pictures, or any other materials.



## Make a Treasure Hunt

Give each person playing a sheet of paper with clues. For example, "Which house has a letterbox in a certain shape?" Set geographic boundaries to make sure everyone stays within a safe area. The first person to return with correct answers wins.



## Mrs Hall's Foodie Fun

Contribute towards Friday evening's meal and the start of half term – either make a complete dish or prepare an ingredient (or two!)

Make something with a brain-boosting ingredient - wholegrains, oily fish, blueberries, tomatoes, eggs, blackcurrants, pumpkin seeds, broccoli, sage or nuts



Practise your pancake-tossing skills (ready for Shrove Tuesday)

Buy/plant some seeds and start growing a food crop



## Mr Carter's Kitchen Computing

Recipes (Ingredients and Method) are culinary algorithms; looking at similar recipes can develop the computational thinking concepts of abstraction and generalisation. For example, compare different versions of recipes, such as different fruit salads or tomato pasta sauces and create a template for a general version of the recipe; you will have to generalise to find the core of the recipe and use abstraction to find the most appropriate level of detail to write it. You will need to follow the sequence of instructions in the method in the same way that we create computer programs.

You then take the general recipe and use that to create a new dish, perhaps with a fantasy character such as Super Mario Spaghetti in mind. You may need to debug your recipe if it doesn't taste too good!

### goodfood

#### Gnocchi & tomato bake

⌚ Prep: 5 mins  
👨‍🍳 Cook: 25 mins

👤 Easy

🍴 Serves 4



#### Ingredients

1 tbsp olive oil  
1 onion, chopped  
1 red pepper, deseeded and finely chopped  
1 garlic clove, crushed  
400g can chopped tomatoes  
500g pack gnocchi  
handful basil leaves, torn  
half a ball mozzarella, torn into chunks

#### Method

- Step 1** Heat grill to high. Heat 1 tbsp olive oil in a large frying pan, then soften 1 chopped onion and 1 finely chopped red pepper for 5 mins.
- Step 2** Stir in 1 crushed garlic clove, fry for 1 min, tip in 400g chopped tomatoes and 500g gnocchi, then bring to a simmer.
- Step 3** Bubble for 10-15 mins, stirring occasionally, until the gnocchi is soft and the sauce has thickened.
- Step 4** Season, stir through a handful of torn basil leaves, then transfer to a large ovenproof dish.
- Step 5** Scatter with torn chunks of half a 125g mozzarella ball, then grill for 5-6 mins until the cheese is bubbling and golden.

# Mrs Riedmuller's Legendary Languages

Cook a recipe from a foreign country or take a "Culinary Trip around the World":

Check where some of the things in your cupboard/fridge are made/produced and then use some products to cook a recipe of your choice.



Create a game to practise vocabulary you have been learning recently.

Create a crossword or a wordsearch using some vocab learned recently.



Create a cartoon with simple speech bubbles in French or Spanish.

Write a Calligram poem in French or Spanish.



Make a workout routine in French or Spanish

# Mrs Hutchins' English Entertainment



**Poetry** – Sit in your garden, or by an open window and close your eyes and listen very carefully. Listen carefully for as long as you can. Search for as many different sounds as you can. What do hear? How would you describe these? When you open your eyes, write a poem using these sounds called 'The Noise Outside My Window'.

**Reading** – find a quiet place, tucked away from all distractions and read in silence. If you fall asleep while reading that is okay as well!





**Creative Response** – using any stories we have read in school, or any that you have ever read, create a drawing or painting of a scene from that story – remember to include the background as well.

**Letter Writing** – if you have some nice paper and an envelope, write a thoughtful letter to someone you haven't seen for a while, or to say thank you for something. Make sure it is hand written neatly as this makes it more personal. Maybe you could say hello to your grandparents, or thank you to nurses at the local hospital. Don't forget to stick a stamp on it and pop it in the post – that would really make someone's day when it arrives.



## Mrs Moore's Marvellous Meditation

Sit on a bench or on the grass and close your eyes.

First, you have to use your senses to hear all that is around you. Not just the bigger sounds but the smaller ones too. Think of a word to describe each sound. Make it a nice complex one if you can! Then do the same for smell.



Next place your hands on the ground to the side of where you are sitting. What textures can you feel? Does the grass tickle or is the tarmac warm to the touch? Describe it. For example, can you feel the breeze against your face?

Then open your eyes to do the same - for this one it is the colours that jump out at you after your eyes have been closed - what are your eyes drawn to?

Now take a few deep breaths in through your mouth. What can you taste? It could be the fresh cut grass, the cold air that you feel and taste on your tongue. You can be a bit more imaginative with this one.

At the end or after each stage you can write down your answers and then transform them into a piece of creative writing or a story opening.

# Mrs Cammack's Dynamic Drama

These tasks involve the family. So get everyone together before or after dinner and have some fun! These games require you to use some of your drama skills too.



**Charades** - a single person would act out each syllable of a word or phrase in order, followed by the whole phrase together, while the rest of the group guessed. You can use titles such as film, book, TV, play or musical.

**Guess Who** – Find some post it notes/paper and sellotape. Each person chooses a famous person and sticks it on the person to their rights head so they cannot see. You then have to ask questions that require a YES/NO response. You can ask questions until you get a no and then it's the next person's turn to ask questions.



## Miss Ward's Perfect PE

Try the **5-4-3-2-1 Workout**

**Climb any Mountain Challenge:** How many steps can you complete today to climb one of these mountains?

Roseberry Topping - 4000 steps, 5 times up the stairs

Ben Nevis - 22,197 steps - 20 times up the stairs

Mount Etna - 50 times up the stairs

Mount Kilimanjaro - 88 times up the stairs

Mount Everest - 131 times up the stairs

### **5-4-3-2-1 Workout**

#### **5 Minutes:**

1 min Jumping  
Jacks  
1 min high knees  
1 min butt kickers  
1 min power jacks  
1 min high knees

#### **3 Minutes**

15 Tricep Dips  
15 Pushups  
15 Dumbbell back rows  
(Repeat for 3 min)

#### **4 Minutes**

1 minute squats  
1 minute wall sit  
1 minute jump squats  
1 minute wall sit

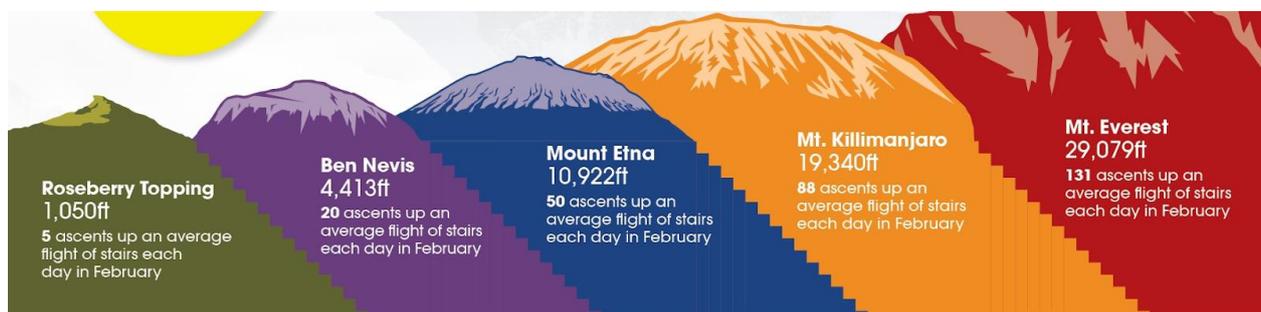
#### **2 Minutes**

1 Minute Walking Lunges  
1 Minute Jumping Lunges

#### **1 Minute Plank**

Total Time: 15 Min Repeat 2-3 Times for best results

<http://Kissesandkale.blogspot.com>



# Miss Freeman's Scintillating Science

Take some time to listen to this fascinating Podcast by the BBC. In Our Time: Science. Topics which might be of interest include:

- Eclipses
- Water
- Absolute Zero
- The Cell
- Early Geology
- The Measurement of Time
- The Scientific Method
- The Origins of Infectious Disease
- The Age of the Universe
- Darwin: Life After Origins / The Voyage of the Beagle
- Galaxies
- Carbon
- Immunisation

**IN OUR TIME** | LIVE You and Yours | Schedule

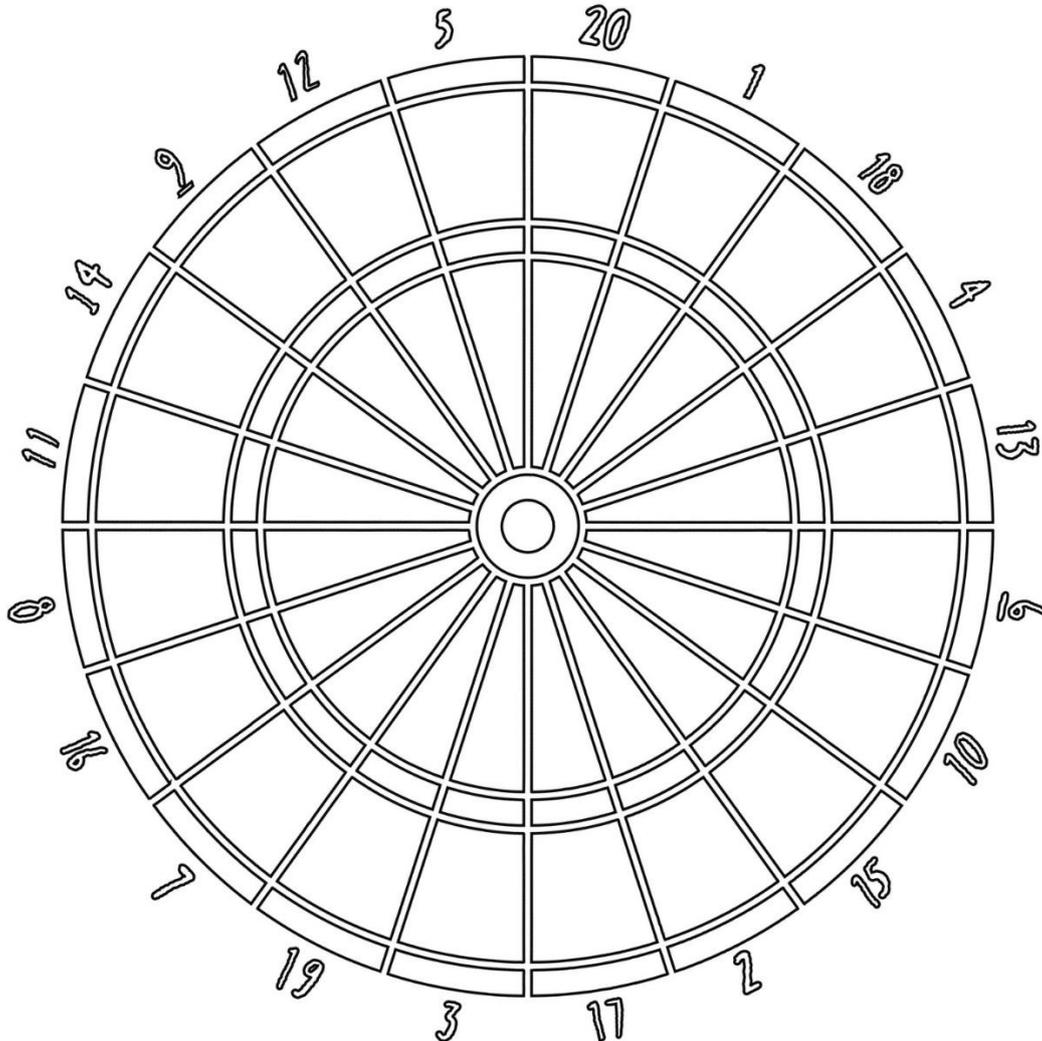
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### Science

Scientific principles, theory, and the role of key figures in the advancement of science.

 <b>Emilie du Châtelet</b> Melvyn Bragg and guests discuss an astonishing mathematician of the French Enlightenment. 04 Feb 2021	 <b>Eclipses</b> Melvyn Bragg and guests discuss the scientific advances gained from studying eclipses. 31 Dec 2020	 <b>Alan Turing</b> Melvyn Bragg and guests discuss the short, brilliant life of computer science's founder. 15 Oct 2020
 <b>George and Robert Stephenson (repeat)</b> Melvyn Bragg and guests discuss George and Robert Stephenson and the birth of railways. 26 Mar 2020	 <b>Paul Dirac</b> Melvyn Bragg and guests discuss one of the greatest theoretical physicists who ever lived. 05 Mar 2020	 <b>The Evolution of Horses</b> Discussion of the origin, migration, extinction and domestication of horses. 27 Feb 2020

# Mrs Smith's Magnificent Maths



The board is made up of 20 different sectors of a circle. The outer ring is the 'double'. Any dart landing in this space is worth double the number of that sector. The ring halfway along the sectors is the 'treble' and this counts as treble the number of that sector.

Eg. If your dart lands on the outer ring of the 7 sector it will count as 14. If it lands on the treble ring it will be worth 21.

The Bullseye scores 50 points and the ring outside the Bullseye is worth 25 points.

You may want to colour in the different scoring areas of the board to make it easy for you. Traditionally the Bullseye is red.

Each player will need 3 'darts'. You can make these by rolling up small pieces of paper to make 3 equally sized paper balls.

### **Rules of the game**

Each player starts with 501 points.

Each player takes it in turns to throw 3 'darts' at the board. The board can be placed on a table top or on the floor.

Add up the total for all 3 darts and subtract it from 501.

Continue to take turns in this way.

The winner is the first person to reach zero.

The tricky bit....

If you reduce your score to 1 or below zero, the score is bust, that turn ends immediately and the score is returned to what it was at the start of that turn.

Also...

The last dart thrown must land in a double or the bullseye to win.

Good luck. Have fun.

### **Challenge questions**

Can you work out the Area of the dartboard?

Can you work out the Area of the Bullseye?

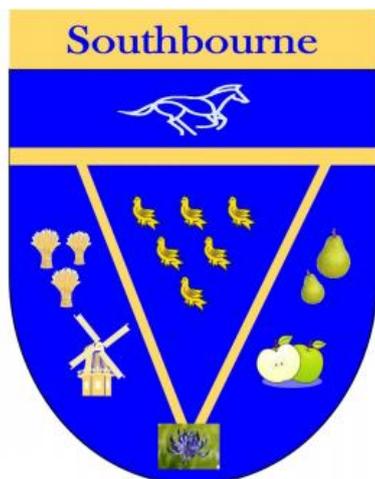
### **Extra Challenge**

Can you work out the Area of the single 20?

Can you work out the Area of the double 20?

Can you work out the Area of the treble 20?

## Mrs Cluff's Amazing Art



I have been asked by a local community group to help them with the design of a village crest. I thought this would be a great task to get you off those screens! This is a competition and the winning design will receive a **£20 Amazon voucher** with three runners up each receiving a £10 Amazon voucher.



You will need to include the following in your design. These are all links to our local history:

- Running white horse: emblem of the Earl of Arundel who originally owned the land. It was also the weather vane on the old school.
- Corn and windmill: there used to be 4 flour mills (Slipper, Lumley, Gosden Green and Nutbourne)
- The flower is a Round Headed Rampion, the West Sussex flower emblem.
- The Martlett birds are the symbol for West Sussex (and also featured on your blazer badge, which was designed by students a few years ago!).

Using images on the Southbourne Village Crest resource sheets for ideas (on the next page) please design a crest using the template on the final page or design your own. The crest must include references to the information noted above, also the lines represent the railway and the A259 so it would be good to have lines in your own design too.

Please take a photo and send your designs to me via email ([ccluff@bournecc.co.uk](mailto:ccluff@bournecc.co.uk)) or drop off/post to the school.

Good luck and best wishes!



