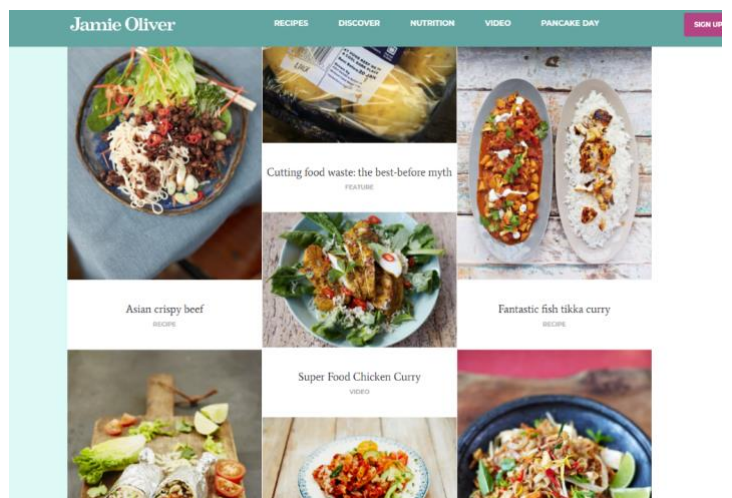


# Screen Free Friday – Key Stage 3



## *A Day of Creativity Without Devices*

Bloxwich Academy – Mental Health Awareness Week

# How the day works

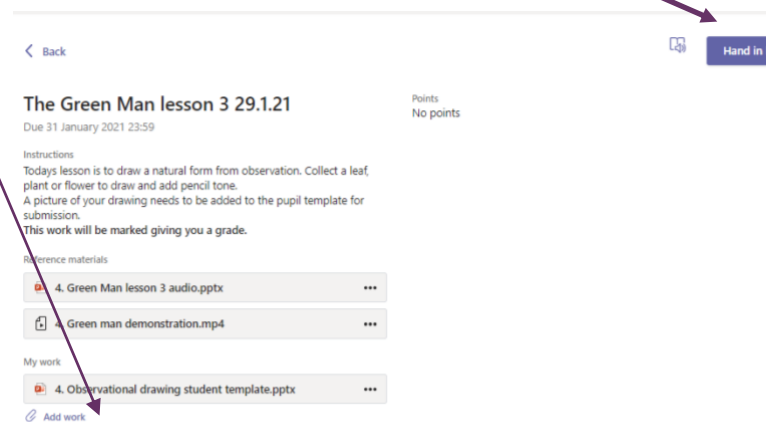
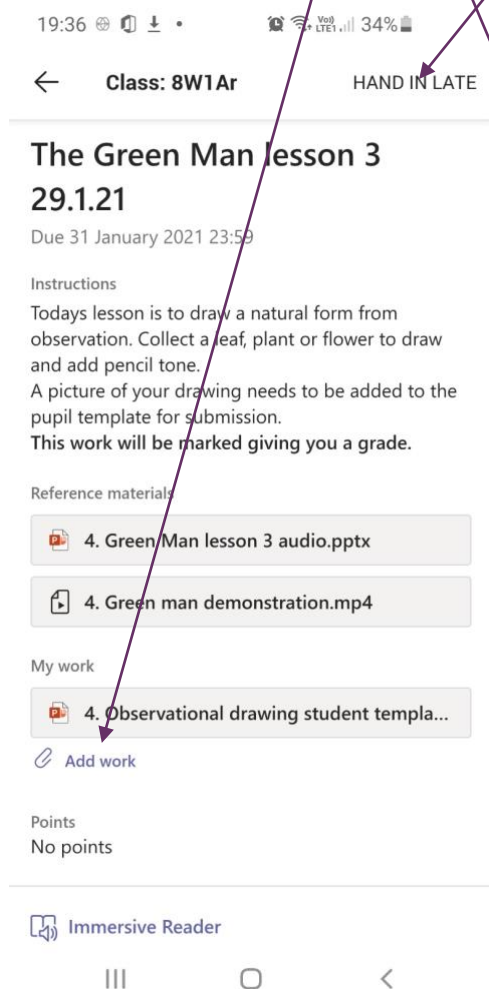
What do I have to do today?

Your tutor has set you one assignment for the day in Teams. – Called ‘Screen Free Friday’

You must choose at least three activities to complete today. They involve creativity and will give you a break from electronic devices and screen time. You can even choose activities from subjects that you do not normally study.

What do I do when I have completed my work?

When you have completed the activities that you have chosen you must photograph your work, attach it to the assignment using the ‘add work’ link and ‘hand in’ to your tutor. Pupils who show exceptional effort will be acknowledged and earn points for their house.

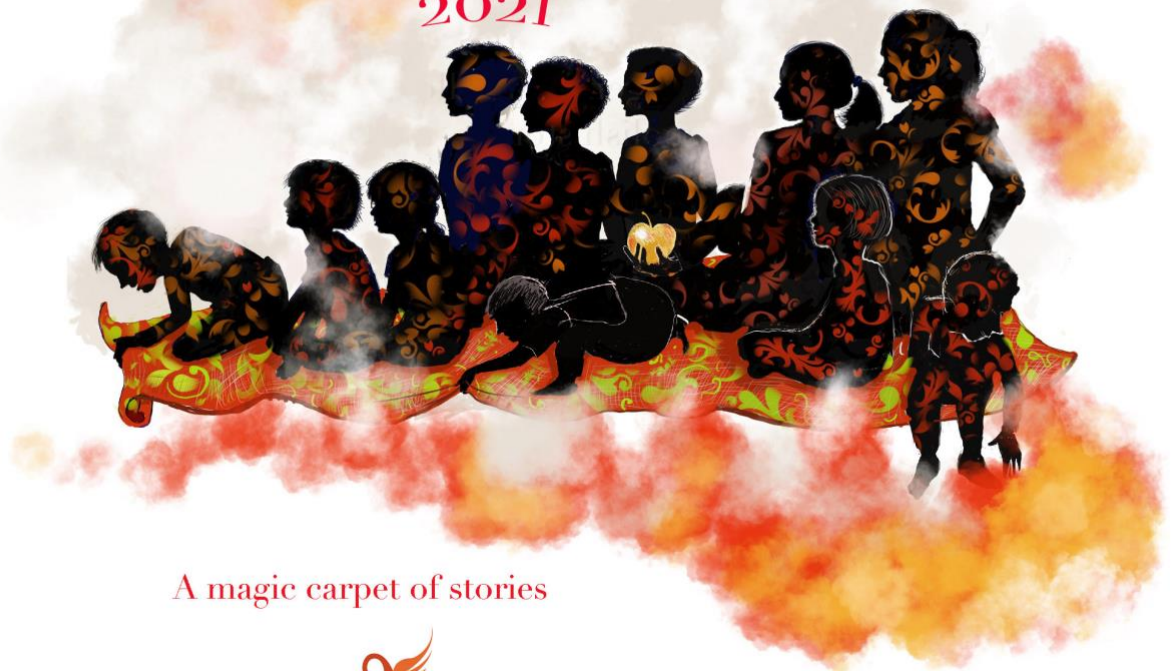


The image on the left shows how to do this on a mobile device and on the right through a laptop or computer.

# English

Read a Story. Tell the Story

National Storytelling Week  
2021



A magic carpet of stories

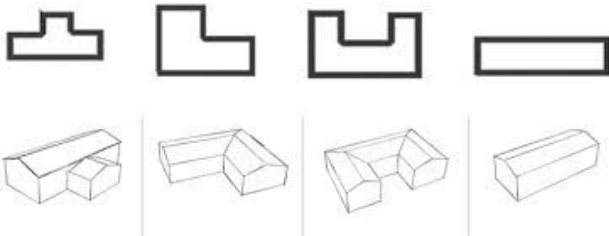


Jan 30th~6th Feb

**It's National story telling week!**

Tell us a funny story from your lockdown. Feel free to use your imagination to make it more entertaining! Choose any format you like, voice recording, comic strips, poetry... We can't wait to hear!

# Maths



## Shapes

On your daily walk, have a look to see how many different 2D shapes and 3D shapes you can see. Make a tally, stating examples. Put this information into a chart of your choice.



## Family

Give family members a call, find out what their favourite take away is. Put this information into a chart of your choice. Are you surprised with the results?

## Got It

Got it - is an adding game for two players. You can play with a friend or family member.

Start with the Got It **target 23**.

The first player chooses a whole number from 1 to 4 .

Players take turns to add a whole number from 1 to 4 to the running total.

The player who hits the target of 23 wins the game.

Play the game several times.

Can you find a winning strategy?

Can you always win?

Does your strategy depend on whether or not you go first?



# Science

**Choose an experiment(s). Write down what you see, take photos and send them in.**

## Using Density to Make a Lava Lamp



### Materials:

- A clean plastic bottle, try to use one with smooth sides
- water
- Vegetable Oil (or you could use Mineral or Baby Oil instead)
- Fizzing tablets (such as Alka Seltzer)
- Food Colouring

### Instructions:

1. Fill the bottle up about 1/4th (1 quarter) with water.
2. Pour the vegetable oil in the bottle until it is almost full. You may want to use a measuring cup with a spout or a funnel. You may have to wait a couple of minutes for the oil and water to separate.
3. Add a few drops of your favourite food colouring. Watch as the colour sinks through the oil. Did your drops of colour mix with the water immediately or float in between for a few minutes?
4. Break your fizzy tablet in half and drop part of it into the bottle. Get ready ... here come the bubbly blobs!
5. You can even get a flashlight, turn off the lights and drop in another half tablet. This time shine the flashlight through the lava lamp while the blobs are bubbling!

## Creating a Storm in a Glass



### Materials

- Shaving cream
- A large glass
- water
- Food colouring
- A spoon

### Instructions:

1. Fill the glass 1/2 full of water
2. Spray some shaving cream on top of the water to fill the glass to 3/4 full.
3. Use your finger or a spoon to spread the shaving cream evenly over the top of the water. The top of the shaving cream should be flat.
4. Mix 1/2-cup water with 10 drops of food colouring in a separate container. Gently add the coloured water, spoonful by spoonful, to the top of the shaving cream. When it gets too heavy, watch it storm!

## Further Experiments

- Try more water and less shaving cream, or less water and more shaving cream. Which one looks more like a drizzle, and which one looks like a downpour?

## How to Make a Volcano

### Materials:

- 10 ml of dish soap
- 100 ml of cold water
- 400 ml of white vinegar
- Food colouring
- Baking soda slurry (fill a cup about  $\frac{1}{2}$  with baking soda, then fill the rest of the way with water)
- Empty 2 litre soda bottle

### Instructions:

NOTE: This should be done outside due to the mess.

1. Combine the vinegar, water, dish soap and 2 drops of food colouring into the empty soda bottle.
2. Use a spoon to mix the baking soda slurry until it is all a liquid.
3. Eruption time! ... Pour the baking soda slurry into the soda bottle quickly and step back!

### Extra Experiments:

1. Does the amount of vinegar change the eruption?
2. Does the amount of water change the eruption?
3. Does the amount of baking soda change the eruption?



# History

## Create your own Coat of Arms

Get your creative skills going to design your family coat of arms as if you were alive in Medieval England. See example below:



## Mummify an orange

**Time Required:** 30 minutes to prepare your orange. Several weeks for it to become a mummy!

1. Make a slit in the skin of your orange from the top to the bottom (you may need an adult to help you)
2. Use your teaspoon to scoop out the inside of the orange. Make sure you do this over your bowl - it can get messy!
3. Once you have removed all of the orange's insides, stuff it with kitchen roll to absorb any juices left over. Keep replacing with new kitchen roll until the inside of your orange is dry (you can now remove the kitchen roll).
4. Sprinkle a spoonful of cinnamon and a few cloves into your orange
5. In another bowl, mix together enough salt and bicarbonate of soda to fill your orange, then spoon this mixture into the orange
6. Now it's time wrap up your mummy! Make sure the slit is pushed together and then start to wrap the bandage around the orange
7. Tie a knot or secure the bandages with a safety pin when your orange is completely covered.
8. Your mummy now needs to be kept in a warm, dry place like an airing cupboard.



It can take a while for mummification to happen. Check your orange every few weeks to see what it looks like; you'll be able to see that it shrinks and gets darker over time - just like a real mummy

# Geography

## Design a map of your local area:

Maps help us to understand what places are like and how to plot different routes. On your daily exercise / walk, you must complete an OS map of what the area is like. Make your map as creative but accurate as possible. Things to include:

- Title
- Scale (the size of the map)
- Compass Points
- Key (have you included any map symbols?)
- Clearly labelled places
- Include a range of places if possible, such as housing, shops, green spaces or different retail places
- **Stretch:** Can you add contour lines to your map?

See an example:





# French
















## Daily Routine cartoon.

Design a cartoon in French on what a typical week is like for you during lockdown. You should aim at drawing a picture for each day of the week and write a sentence in FRENCH below your picture. In total 7 boxes, one box for each day of the week, at least one picture and one sentence in French in each box.

10 best cartoons will win a prize!

## Crêpe making time!

Follow these instructions to create (and eat!!) your own French crêpes. The thinnest wins a prize!

CRÊPES				
Ingrédients :				
				
5 oeufs	400 g de farine tamisée	10 cuillères à soupe d'huile	1 litre de lait	2 sachets de sucre vanillé
Ustensiles :				
				
1 saladier	1 fouet	1 verre doseur	1 assiette	1 appareil à crêpes
Préparation :				
1		Dans le saladier, verse la farine. Fais un petit trou (une fontaine) et verse l'huile, les oeufs et un peu de lait.		
2		Mélange en continuant d'ajouter le lait petit à petit, jusqu'à ce qu'il n'y ait plus de grumeaux.		
3		Ajoute le sucre vanillé.		
4	 1h	Laisse reposer la pâte 1 heure.		
5		Fais cuire les crêpes et pose-les sur une assiette.		

### Create an Eiffel tower

Use as many items as you can to create the tallest Eiffel Tower possible! Take photos and send them in, the highest will win a prize! Here's an example:



Create un arbre généalogique (a family tree) using family members we have seen in class. Draw a tree and your family members with the French names next to them, here is an example:



# Resistant Materials

**Draw the front of your house in 3 dimensions, including windows, doors etc. or a floor plan of the ground floor. Make sure you include furniture, fixtures and fittings. The challenge is to draw to scale 1:25.**



**Using recyclable materials and packaging, recreate a construction of your house. Challenge to create all parts of your house to the correct proportions.**



# PE

## *'Beat the Teacher Challenge'*

- How Many Sit-Ups can you do in 1-minute?
- How many press ups can you do in 1-minute?
- How long can you hold a plank for?
- How long can you hold a wall sit for?
- How many burpees can you do in 1 minute?

## **Records:**

Mr Street: Wall Sit: 5 minutes 12seconds

Mr Adams: Sit Ups: 68 repetitions

Mr Woodall: Press Ups: 67 repetitions

Mr Kirkham: Plank: 30 Minutes

Mr Seager: Burpees: 6 Repetitions





# Music

**A xylophone is a tuned percussion instrument.** You'll need a number of glass jars for this make. Glass bottles or tumblers will also work well, but using containers of the same size is a little easier to 'tune'.

1. Open and clean out each of the jars and line them up in a row.
2. Fill the glasses with different amount of water, trying not to fill any jars more than halfway. Each jar is a different note to your xylophone - it's easier to play if the notes are in order. Sort the jars in order of how much water is in each jar.
3. If you'd like to add some extra flair, you can use a few drops of food colouring in each jar so they vary by colour.
4. Now you're ready to play! Use a wooden spoon as a beater to tap against the side of a glass to play a note. Can you play a tune?

## How It Works

When you tap a jar with the spoon it vibrates, making that clinking sound. The faster something vibrates, the higher the 'pitch' of the sound it makes. Adding water to the jar makes the jar vibrate more slowly, lowering the pitch of the sound. For xylophones and glockenspiels, it's the length of the bars that are hit that changes the pitch. The shorter bars vibrate faster, and make a higher pitched note.





# Dance

Create your own dance to a song of your choice and perform to someone in your household. Can you tell them to give you feedback on your use of focus and projection. If they don't know what these words mean then you must teach them and tell them to look out for these skills in particular in your performance. You can tell Miss Brunsden or Mrs Haynes about your dance and the feedback you got on your next dance lesson.

Focus- concentrating during your dance, not laughing or talking, using focus points in your routine e.g. Following your hands with your eyes.

Projection- performing with ENERGY!



# Drama

Choose one of the below Drama activities below:



1. *Write and Perform a Monologue.* Your monologue could be funny, or it could be serious. You could do it as a character or write your own thoughts and feelings down in a speech. Try some different styles and topics out. Focus on your vocal skills as you perform your monologues to an audience at home.



2. *Drama Games.* Gather the family round for some classic Drama games. Whether it is SPLAT!, Wink Murder or any other games we do in class there is loads of fun to be had.

3. *Charades.* Put your mime skills to the test in a game of charades. You will need to use clear gestures and movements to recreate key moments of your favourite books, films and plays for your family to guess

# Art

## Using music to source your drawings

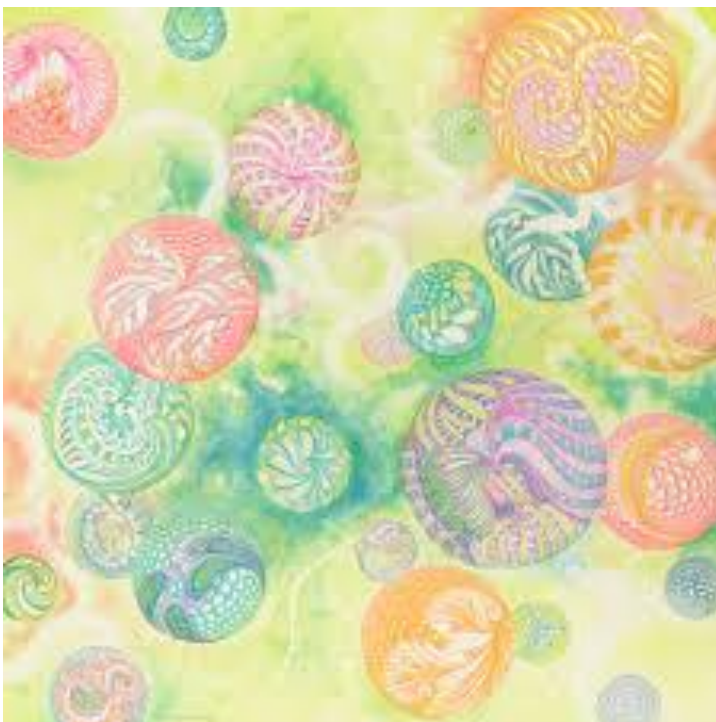
**Time Required: 60 minutes**

The word “synaesthesia” comes from the Greek syn and aisthesis, which can be translated as “together” and “sense,” in this activity, you will explore the principles of synaesthesia through drawing to music.

First listen to a piece of music of your choice, following this re-listen to the music and respond to the sounds by using drawing or painting.

Tips and tricks;

- Notice an image that comes to mind as you listen and then make a piece of art about that image
- Listen mindfully to the music until the end, allow images to arise in your mind as you listen then draw or paint these
- Make a painting or drawing that reflects the music you are hearing. Think about the colours, lines, shapes and marks that are inspired by the music as you listen
- As you paint or draw, match your gestures or mark making to the rhythm of the music so that the music is represented on the page
- Notice the emotions that arise in you as you listen to the music and paint or draw to represent the feeling of the music



**Equipment list:** You will need either colour pencils, pens, paint or crayons for this task, as well as paper

# Textiles

## Recycled Textiles Weaving Challenge!

This activity requires items that would normally be thrown away. Challenge yourself to be as creative as you can to produce a unique woven piece with recycled materials!



### Materials

Cardboard box, scissors, a ruler, pencil, a stick and different scraps of fabric, plastic carrier bags, plastic from food packaging. (If you use food packaging you will need to wash them first to remove food and grease residue).

<https://www.youtube.com/watch?v=GQHf8TIYC50>

### INSTRUCTIONS

#### 1. Make the Loom

**To make your simplified weaving loom, start with a piece of rectangular cardboard.** The size of your cardboard will determine the size of your weaving, but its best not to go too big. An A3 (11"x16") sized rectangle would be perfect.

Carefully cut evenly-spaced slits along the top and bottom of your "loom" to create "teeth" – about half an inch long and spaced half an inch apart as well.



2. **Next add “warp thread” (vertical threads that hold the tension while you weave).**

To do this, simply knot the end of a ball of cotton string or any old yarn onto the first “tooth” along the bottom or top. Then loop this over the tooth on the opposite side, then back around the 2nd tooth in the row you started on and continue until the entire loom is covered in vertical strings. Tie this off onto the last tooth.

3. **Prepare your fabric/plastic strips**

To prepare your “weft thread” (horizontal weaves), you need to cut your fabric/plastic remnants into strips about 1–2 inches wide and as long as you wish.

4. **Create your first row of weaving.**

Weaving really is as simple as adding fabric or plastic “over and under” the warp thread and this is the mantra.

To start weaving simply add a fabric strip by first going over a warp thread and then under, then over and so on until you get to the end of the row. Then gently pull the rest of your strip through, making sure you leave at least 3-4 inches of the strip hanging. You can also weave with ribbon for contrast.

5. **Continue weaving in different colours and materials.**

Next, weave back in the opposite direction – if your last weave was “over” then start with “under” or vice versa. Then continue weaving until the entire strip has been added. Be sure to leave adequate length hanging off the sides.

When using scrap fabric or plastic materials there is no real need to finish off ends. Simply tie the ends together in knots to hold them.

Be sure to squash your weft upwards towards the top of your loom before starting a new colour strip.

*TOP TIP: Do not pull your ends TOO TIGHT as you will end up with an uneven woven piece. (It's very easy to do!).*

6. **Remove the weaving off the loom**

Very carefully slide the string loops off the teeth at the top of your loom one at a time directly onto a stick. Then remove the bottom loops, one at a time, cutting and knotting as you go. Add a string or ribbon loop to your branch or dowel for hanging.

Stretch Activity

If you have enjoyed the weaving task challenge yourself to see what products you could make using the weaving technique. The possibilities are endless!



**Recycled  
Woven  
Purse**




# Food

Be creative in the kitchen with your family. Produce either a baked product such as a cake or cook the Friday night 'fake-away'. This way you can save money and eat healthier but still have your favourite weekend treat.

If you have got your own recipe books, then feel free to use them. However, you can also find some great recipes from the webpages below.


<https://www.bbcgoodfood.com/recipes/collection/classic-cake-recipes>

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## Takeaway recipes

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Ditch the Friday night takeaway and whip up your own version. From pizza and curries to pad Thai and chicken katsu, we've got plenty of fabulous fakeaway recipes for you to enjoy.



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### Easy butter chicken

★★★★☆ 156 ratings

Fancy a healthy version of your favourite Friday night chicken curry? The chicken can be marinated the day before so you can get ahead on your prep

50 mins Easy Healthy



### Sweet & sour chicken

★★★★★ 88 ratings

Try an authentic version of this classic Chinese takeaway dish, with natural sweetness and a warm chilli flavour to spice things up

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★★★★★ 14 ratings

Get the best version of sweet and sour chicken with our ultimate recipe. You'll be rewarded with crisp, battered chicken in a sharp, sweet and fruity sauce

1 hr More effort



### Chicken chow mein

# IT and Media

You are going to design a new **music** and a new **video streaming app**.

First you need to review what the apps will do.

This is an example for **Shazam**:

**What it does**

*Captures a sample of audio and identifies it by comparing with files in the app's database.*

**Problem it solves**

*People hear a song (in a film or TV programme) and don't know what it is or who it is by.*

**Who the app is aimed at?**

*Young people of either gender who like music*

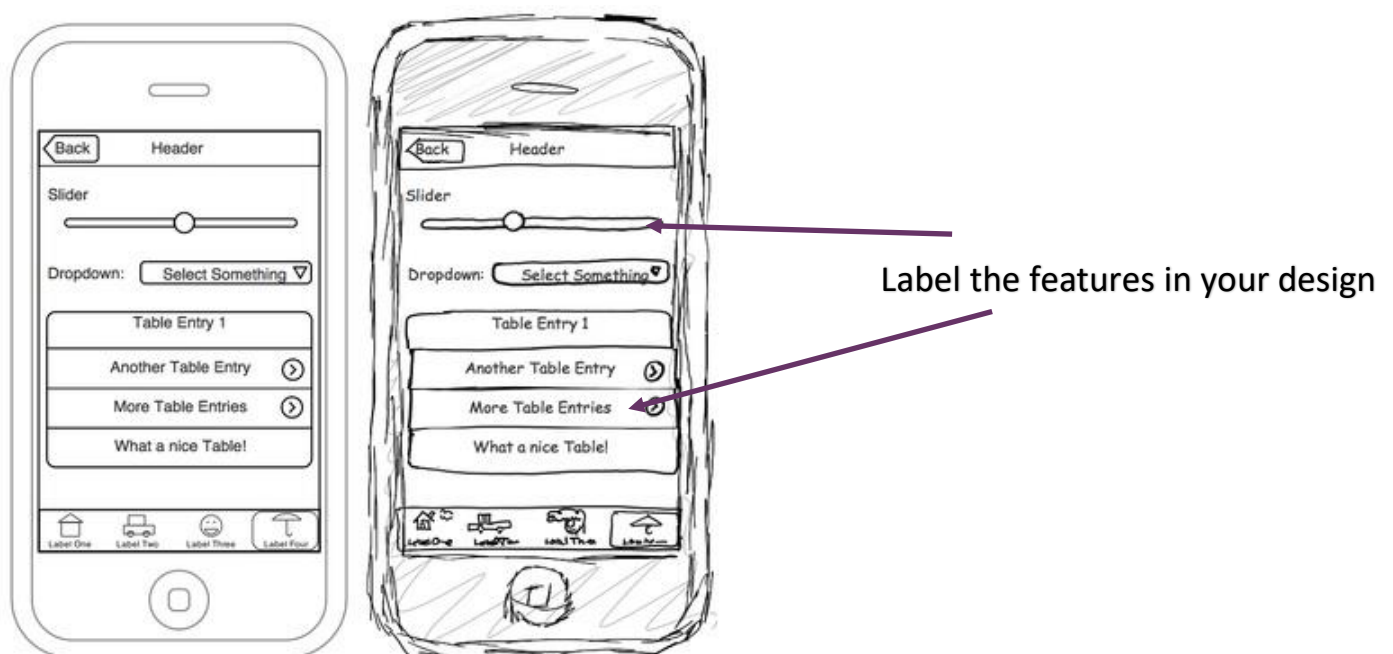
**Phone features used**

- Microphone
- Touch screen
- Connectivity / Cloud storage

Next you need to do a mock-up design of your 2 apps.

Create a hand drawn mock-up of the two apps. Think about colours that will be used, the layout of the interface and make sure you include the features you want.

Most good apps designs will go through iterations (they will design a couple of mock-ups and then decide on the best ones)

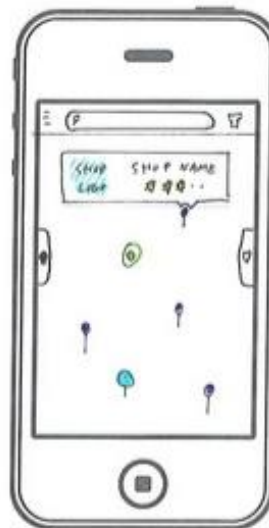




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