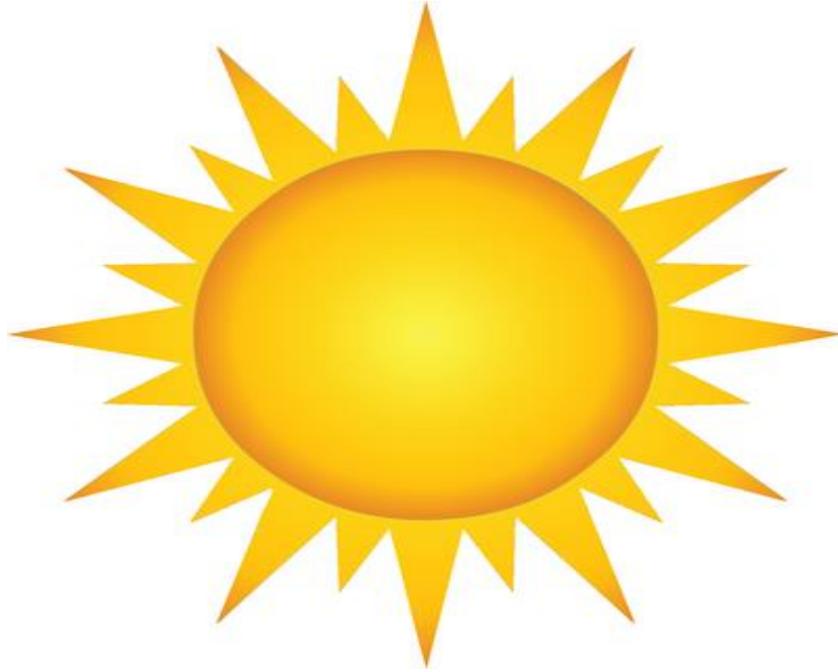


# Summer Fun Activities



## Contents

1. Keeping Safe
2. Fitness Challenges
3. Recommended Reads
4. Performing Arts Fun
5. Summer Activities





# Keeping Safe

Mindfulness for teens <http://mindfulnessforteens.com/>

Good mental health for children, for life

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

## **Useful information**

Childline is a free helpline and website for young people who are worried about anything Call 0800 1111 (this number will not show up on a phone bill)

[www.childline.org.uk](http://www.childline.org.uk)

The Breck Foundation raises awareness about playing safe whilst using the internet. A resource for parents and children to “Play Virtual/Live Real.”

[www.breckbednar.com](http://www.breckbednar.com)

UKIE Ask About Games gives advice on how to play games responsibly and information for families about video game ratings.

[www.askaboutgames.com](http://www.askaboutgames.com)

Young Minds:[www.youngminds.org.uk](http://www.youngminds.org.uk)

Samaritans: [www.samaritans.org](http://www.samaritans.org) Phone: 116 123

Young Minds<https://youngminds.org.uk/>



### Activity 1: Track how many of the following exercises/activities you can complete in the allocated time



Activity/Exercise	Description (time 1 minute per exercise, apart from the vertical jump, the ruler drop test and the standing stork test)	1 <sup>st</sup> Attempt	2 <sup>nd</sup> Attempt
Step up Test	Stand at the bottom of the stairs and step onto the first stair with one foot and then the other. Step down. This is one repetition.		
Vertical Jump Test (Maximum 3 attempts per jump)	Stand sideways to a wall, with your feet flat, reach up with your arm nearest to the wall. The height where the fingers reach is measured. Standing slightly away from the wall, jump up and touch the wall. The distance between the 2 measures is recorded.		
Sit Ups	Lie on your back, bend your knees at a 90 degree angle, place your hands on your legs and then curl your core forward.		
Press Ups	Get into a plank position, extend arms, bend your elbows and then fully extend your arms . See how many you can complete in 1 minute		
Sit and reach Test	Sit, straight legged, with your feet touching a block, reach forward and place your hands on the block (low table). If you can reach as far as your toes this measures 0cm, beyond your toes it is +0cm, not as far as your toes it is -0cm.		
Alternate Hand Wall Toss	Stand about 2 metres from a wall, throw a ball against the wall from one hand in an underarm action and attempt to catch it with the opposite hand. Repeat the same motion the other way.		
Ruler drop Test	Person A holds out their hand with a gap between their thumb and first finger. Person B drops the ruler without telling person A who must catch it. The number level with the top of person A's thumb is recorded.		
Standing Stork Test	Stand with your hands on your hips. Place the sole of your non-standing foot against the inside of your knee of your other leg. Raise your heel from the floors you are balancing on the ball of your foot. Start the stopwatch as soon as your heel is off the ground and stop it once you lose your balance.		

# Fitness Games



## Workout Alphabet

- A = 30 Star Jumps
- B = 20 Squats
- C = 20 High knees
- D = 30 Second Plank
- E = 15 Press Ups
- F = 1 Minute wall sit
- G = 10 Burpees
- H = 10 Triceps Dips
- I = 20 Backward Lunges
- J = 50 Mountain Climbers
- K = 20 Russian Twists
- L = 50 Calf Raises
- M = 30 Second side Plank
- N = 10 Jump Lunges
- O = 30 Sit ups
- P = 20 Lunges
- Q = 10 Squat Jumps
- R = 30 Crunches
- S = 30 Second Fast Feet
- T = 20 Hip Raises
- U = 30 Bicycle Crunches
- V = 20 Donkey Kicks
- W = 15 Supermans
- X = 20 on-the-spot skips
- Y = 25 Flutter Kicks
- Z = 15 Side Lunges

**Rules** – Use the workout alphabet to spell out your name. For each letter complete the exercise that is next to the corresponding letter. Depending on the length of your name, you might want to do your forename and your surname or possibly even your middle name as well. Or you might just want to do your first name but complete more than one round of each exercise. It is up to you – have fun!



**Decide your own workout routine - Dice Game** Work out what exercises you would like to complete as part of your circuit. Remember to make sure you are working different muscle groups. Each number on the dice will decide how many of that exercise you will complete. Don't forget to workout how long your exercise circuit will last before you start.

### Alternatively:

Roll one dice for the exercise you will complete and a second dice to decide on how many repetitions you will do. For example:

First Roll	Second Roll
1 – Push ups	1 – 10
2 – Plank	2 – 20
3 – Star Jumps	3 – 30
4 – Wall Sit	4 – 40
5 – Squats	5 – 50
6 – Sit ups	6 – 60

### Flip a Coin Workout

Heads	Tails
1 <sup>st</sup> time – 15 Squat jumps	25 Calf Raises
2 <sup>nd</sup> time – 1 minute jog	25 Star Jumps
3 <sup>rd</sup> Time – 20 press ups	10 press ups
4 <sup>th</sup> Time – 20 star Jumps	50 second jog
5 <sup>th</sup> Time – 40 high knees	40 Star Jumps
6 <sup>th</sup> Time – 35 sit ups	20 sit ups
7 <sup>th</sup> Time – 10 press ups	20 press ups
8 <sup>th</sup> Time – 1 min jog	25 Star Jumps
9 <sup>th</sup> Time – 30 sit ups	20 sit ups

### Decide your own work out routine – The card Game

Decide what exercise you will complete for each suit in a deck of playing cards. The number of the card will decide how many repetition you will do. For example:

= Sit ups	= 30 Second Plank	= 45 second Rest
= Squats		
= Press Ups	= 30 second Fast Feet	= 1 minute Rest
= Star Jumps		

Live Stream work outs:

<https://www.youtube.com/channel/UCAxW1X>

[TOIEJo0TYIRfn6rYQ](https://www.youtube.com/watch?v=ZBaM0VzQ3MY)

<https://www.youtube.com/watch?v=ZBaM0VzQ3MY>

# Reading

## Recommended Summer Reads

### **The London Eye Mystery**

by Siobhan Dowd

*When Ted and Kat watched their cousin Salim get on board the London Eye, he turned and waved before getting on. But after half an hour it landed, and everyone trooped off - but no Salim. Where could he have gone? How on earth could he have disappeared into thin air?*

### **Freedom**

by Catherine Johnson

*12-year old Nat is a slave, sent to England. Life in London is tough, and Nat seizes the first opportunity to escape. He hears the story of *The Zong*, a ship where the crew murdered 133 slaves. Will the world continue to turn a blind eye to the horrors of slavery? And can Nat really evade his masters forever?*

## Writing challenges

Can you write a gripping mystery story on the theme of '*missing*'?

Use this writing prompt to get your started:

***The money was gone...***

Can you write a whirlwind adventure story on the theme of '*treasure*'?

Use this writing prompt to get you started:

***We were the only ones to make it to the island...***

Can you write a terrifying ghost story on the theme of '*revenge*'?

Use this writing prompt to get your started:

***Walking through the graveyard, I felt like something was watching me...***

## Libraries

### **Camberwell Library**

48 Camberwell  
Green  
SE5 7AL

### **Peckham Library**

122 Peckham Hill  
Street  
SE15 5JR

### **East Street Library**

168-170 Old Kent  
Road  
SE1 5TY

### **Blue Anchor Library**

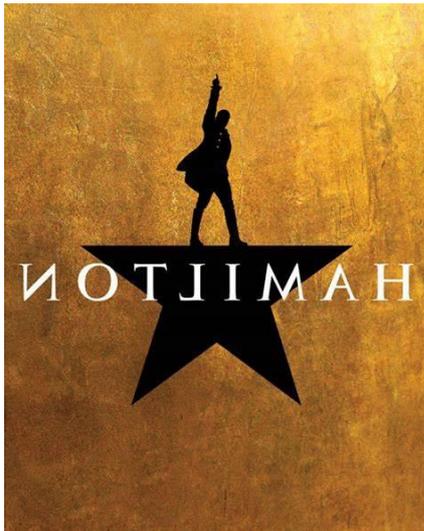
Market Place,  
Southwark Park  
Road  
SE16 3UQ

## Free online resources

<https://stories.audible.com/discovery> - download and listen to the world's best stories for free!

<https://openlibrary.org> - an online library that allows you to download a huge range of books onto your computer for free!

# Summer Performing Arts Activities:



Watch the hit musical 'Hamilton' on Disney+ . Rapping, singing, dancing all in one show!

Learn to rap and beat box

<https://www.bbc.co.uk/bitesize/topics/zvdqhyc/articles/zn2ht39>

Compose a TV show theme tune

<https://www.bbc.co.uk/bitesize/topics/zhdscw/articles/zkkrbmd>

Making a homemade instrument

<https://arts.onehowto.com/article/how-to-make-musical-instruments-at-home-334.html>

Compose some beats online

<https://splice.com/sounds/beatmaker>

<http://samplerator.com/>

Learn the 'All About Cake' Tiktok dance

[https://www.youtube.com/watch?time\\_continue=49&v=Yzi0OuVCNHA&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=49&v=Yzi0OuVCNHA&feature=emb_logo)

Watch some free theatre online!

<https://nationaltheatre.org.uk/>

Learn to play songs from 'Rockschool: The Musical'

<https://www.andrewlloydwebber.com/rockschooltutorials/>

Watch performers from 'Cats: The Musical' dancing in quarantine

<https://www.andrewlloydwebber.com/cats-in-quarantine/>

Become a film critic

<https://www.intofilm.org/news-and-views/articles/film-guides-to-use-at-home>

# Summer Wellbeing

Test your Mind

Stretch your Body

Feed your Soul



**18<sup>th</sup> July – 3<sup>rd</sup> September 2020**

# Summer Wellbeing

We are all about to start our six weeks Summer Holiday. During this break from the routine of schoolwork, it is important that we continue to structure our days in order to maintain a healthy balance between our emotional, social and physical wellbeing.

**Test your Mind** through Reading, Mathematical Quizzes, Geography Projects

**Stretch your Body** through Cycling, Dancing and see Mr Goldsmith's PE Tips

**Feed your Soul** through Yoga, Mindful Colouring and see Ms Chapman's Music Tips

Try out some of the following Mindful activities to entertain, relax and inspire us all to be Explorers of the world around us.

Mr Meehan July 2020

## **ACTIVITY 1:                      Find a quiet place to sit and think through the following**

### Gratitude Journal:

Imagine how it would feel to start every day in a positive mood, energised, ready to take on the world. Instead of mentally replaying all your life's problems and pulling the covers over your head. Take control of your mind and focus on the good, accentuate the positive. Well it's time to reflect on what you're grateful for.

- Sit straight in your chair with your feet flat on the floor.
- Put your hands comfortably in your lap. Inhale through your nose until you can feel your abdomen expand.
- Now think about the following and try to store them in your mind.
  1. Think about a time you were grateful for something a loved one/friend did for you.
  2. List three silly things you did over the past couple of days.
  3. What are three ways to thank someone without saying "thank you"?
  4. What is one thing I am looking forward to do today?
  5. What one thing (within my control) would make today great?
  6. What is something I am better at today than I was last week, last month, last year?
  7. What can I appreciate about the weather?
  8. What can I appreciate about my appearance today?
  9. What do I appreciate about living in London?
  10. What do I appreciate about the music I listen to?
  11. What type of art do I appreciate and why?
  12. What piece of clothing or furniture are you grateful for?
  13. Write about a teacher or mentor that you're grateful for
  14. List three you could do today to be a kinder person
  15. What one thing or person or dog etc can always put a smile on your face?

Now you've stored all these thoughts, it's time to complete your first Gratitude Journal log.

## Task Sheet

### Gratitude Log:

For the next six weeks, I would like you to add **ONE** thing per day that you are grateful for to the log. These can be as big or small, personal or public. They can be real, a memory or something sensory: touch, smell, hear, see or taste.

#### WEEK ONE:

<b>Saturday 18<sup>th</sup> July</b>	
<b>Sunday 19<sup>th</sup> July</b>	
<b>Monday 20<sup>th</sup> July</b>	
<b>Tuesday 21<sup>st</sup> July</b>	
<b>Wednesday 22<sup>nd</sup> July</b>	
<b>Thursday 23<sup>rd</sup> July</b>	
<b>Friday 24<sup>th</sup> July</b>	

***Now try to keep it going for the whole six weeks.***

***“Do not judge me by my successes; judge me by how many times I fell down and got back up.”***

**Nelson Mandela**

**Activity 2: Resilience: Dealing with setbacks**

Think about what Nelson Mandela once said. What do you think he meant by this? The way we deal with setbacks and disappointments allows us to develop resilience. Resilience is a skill that we need to practise, regularly. Try this activity to map your path to achieving a goal.

First, you need to identify a goal that you’d like to achieve during the Summer Holidays. Then you need to break it down into smaller, achievable steps. Attempt each step as it comes; some steps may need to be repeated. Remember, the more work and effort you put in, the closer you will get to your goal.

**Example – To ride a bike**

My Profile. My Goal

<b>Name</b>	Mr Meehan
<b>My goal is</b>	To ride my bike alone
<b>My positive/resilience motto is</b>	Try, try, try again
<b>Along the way I might feel</b>	Annoyed, frustrated, fed up, useless, like giving up
<b>But when I complete my goal I will feel</b>	Proud and happy that I can cycle with my friends, go to the park, feel fit

**Your goal**

<b>Name</b>	
<b>My goal is</b>	
<b>My positive/resilience motto is</b>	
<b>Along the way I might feel</b>	
<b>But when I complete my goal I will feel</b>	

**Climbing the steps to my goal**

7	Final stage: I will.....	<b>The final hurdle</b>
6	I just have to.....	<b>Nearly there</b>
5	Now I need to.....	<b>Keep it up</b>
4	Do you need to go back and practise anything again?	<b>Take a break!</b>
3	Next step is.....	<b>Getting stuck in</b>
2	Then I will.....	<b>Off you go!</b>
1	The first step in my journey is.....	<b>Getting started</b>

***Now try to achieve your goal!***

*“The aspects of things that are most important for us are hidden because of their simplicity and familiarity (One is unable to notice something – because it is always before one’s eyes”*

Ludwig Wittgenstein

**Activity 3:**

**Right where you are sitting**



Write Ten Things about where you are sitting right now that you hadn't noticed when you sat down. Use your senses. Do it quickly. Do not censor. Okay, Begin.

<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	
<b>7</b>	
<b>8</b>	
<b>9</b>	
<b>10</b>	

*"I hear all sounds running together, combined, fused or following, sounds of the city - sounds of the day and night."*

**Walt Whitman**

**Activity 4: Found Sounds**

Collect objects based on the sounds you can make with them (For example, tubes; metal or plastic). You may want to experiment with adding or combining objects to make new sounds, or adding other elements (like water). Consider that we experience sounds in all parts of our body, not just our ears (we can hear vibrations).

**Exercise:** Create a soundscape. Sit in the middle of a room for at least 5 minutes and listen to all the sounds; big and small; loud and quiet, then write down where in the room or outside the room you can hear them and note down how loud they are, 1=very quiet & 10=very loud.

**Dog barking (5)**

**Clock ticking(6)**

Now I will nothing but

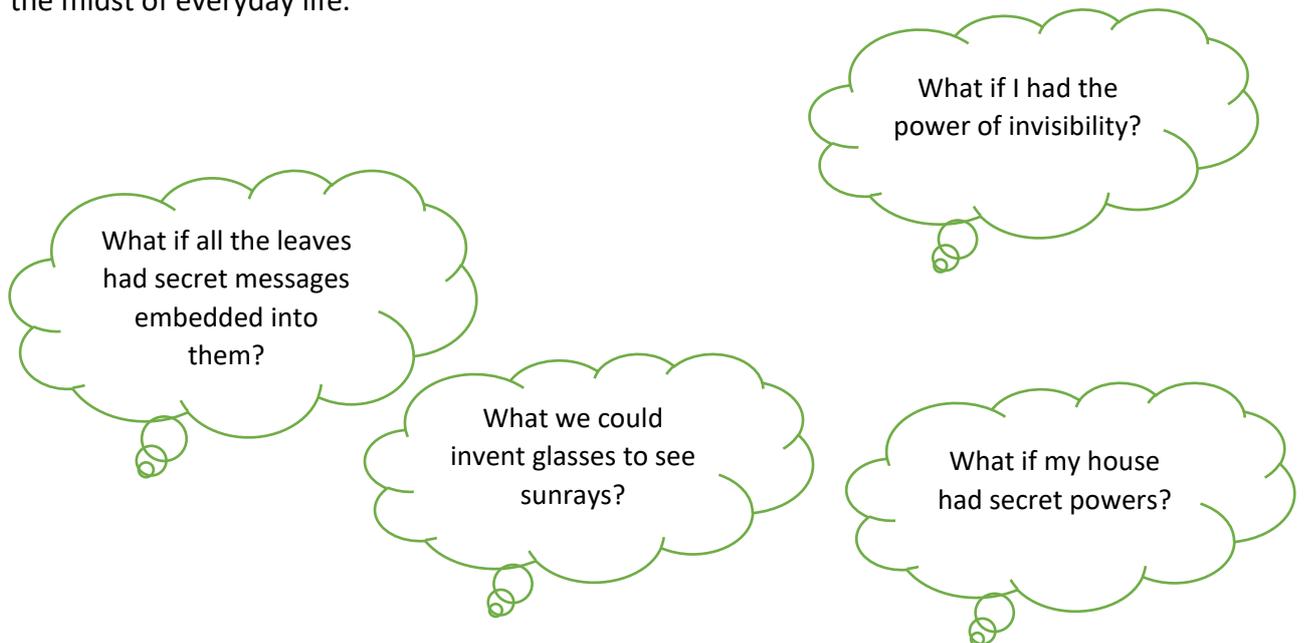
**LISTEN**

***“Imagination is more important than knowledge.”***

**Albert Einstein**

**Activity 5: Thought Experiments**

Einstein used “Thought Experiments” (Questions that can only be solved by using the imagination), on a regular basis. He actually formulated the special theory of relativity by asking the question “What would it be like to travel on a beam of light?” It is important to supplement our learned knowledge and skills with conducting these thought experiments in the midst of everyday life.



Now, look out of a window and come up with at least two questions and using the idea of thought experiments try to come up with answers. Remember, these do not need to follow logic or any of the laws of science. Expand your thought process and maybe you will discover a secret of the universe.

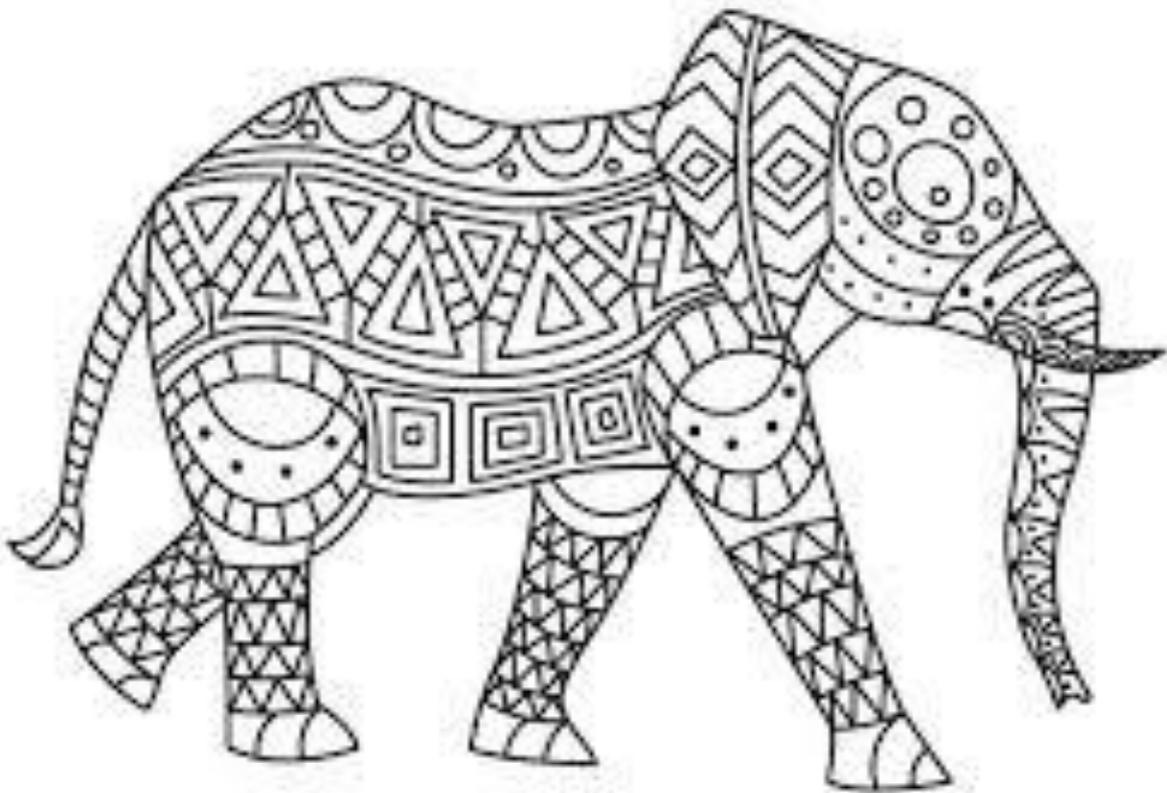
Questions	Possible Answers
Q1:	
Q2:	

*"Imagination is more important than knowledge."*

Albert Einstein

**Activity 6: Mindful Colouring**

Using just 3 coloured pencils (this could be a pencil, a black pen and a red pen), calmly colour in the elephant. While you are doing this just focus on elephants; their size; where they live; what they eat; have you ever seen one?



*"Look with all your eyes, look."*

Jules Verne

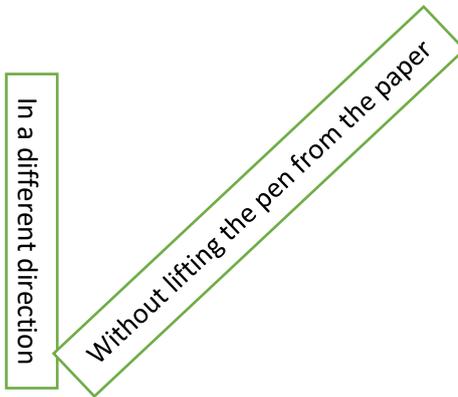
**Activity 7:**

**Keep Breathing**

With each breath

In and out

Draw a line



Notice when your breathing gets restricted. Let your pen follow your breath rather than trying to make your breath follow your pen.

Repeat on the same sheet using a different coloured pen/pencil. Make it into a piece of art by colouring the spaces and shapes you make.

*“True love isn’t about finding the perfect person to love, but rather learning to love and accept someone despite all their imperfections.”*

**Unknown**

**Activity 8a:                      One Less Regret**

Think of a close friend that you’ve lost contact with over the years.

Write them a letter

Find a way to get their address

Send it off

Dear .....

.....  
.....  
.....

**Activity 8b:                      Warts and all**

Draw a face that represents a good friend or loved one, make it as accurate as possible. Once you’ve finished, write all the things you like about them and what makes you better for knowing them.

**Other Activities:**

Sharing fun maths stuff for everyone with my good friend the brilliant Susan Okereke.

[www.dothemathsthing.com](http://www.dothemathsthing.com)