

**Year 7
Enrichment
Week 2**



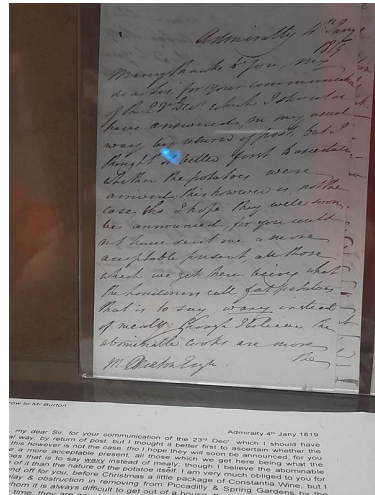
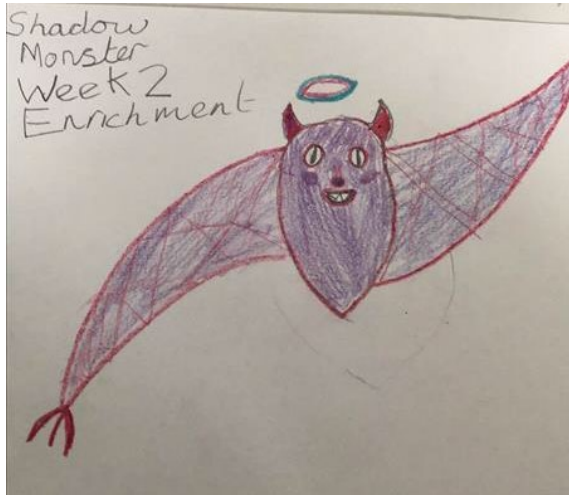
What enrichment activities have Y7 been up to this week?



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Today Sam has done 20 stretches
He also did a 4 mile fun run - The Westminster
Vitality mile.



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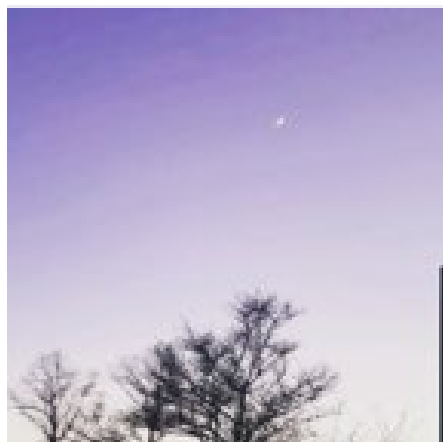
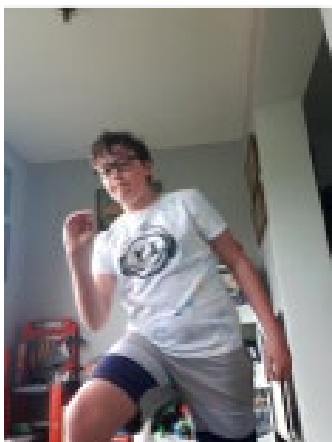
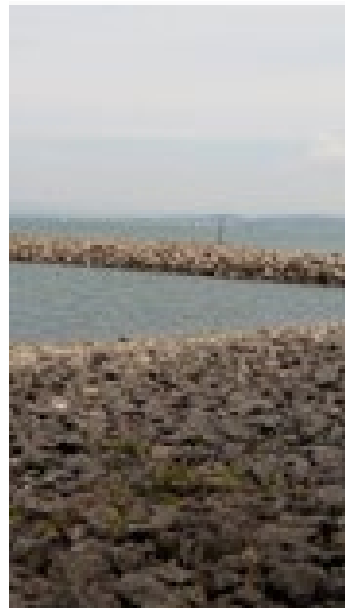
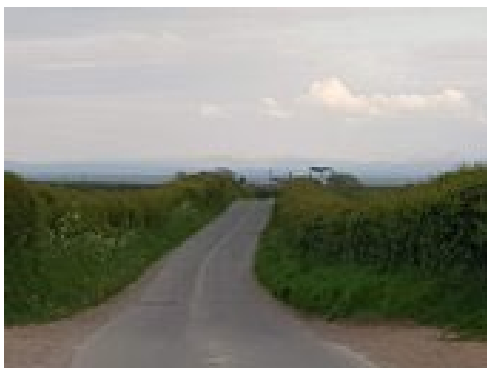




Photo	What did you have to do for this activity?
	<p>I took part in the County Presidents Salver Trident Golf Competition. There were 12 teams, with a junior member, male member and female in each team. The best shots counted and 6 of my drives and 3 of my puts to get birdies counted ... my team won!</p>

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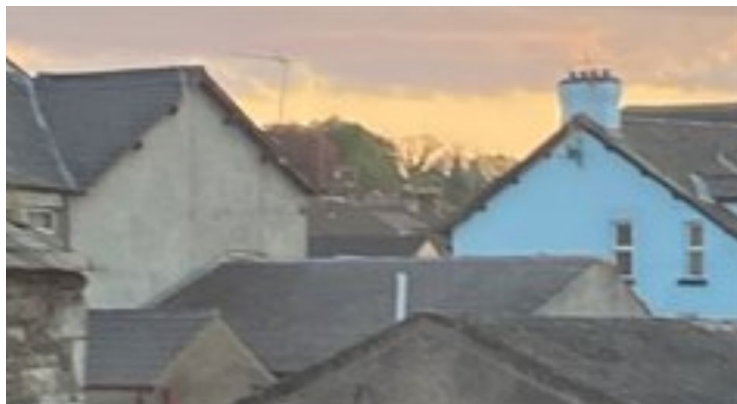


Photo	What did you have to do for this activity?
	I had to virtually look around a museum and learn about the stuff inside it.
How did this activity make you feel?	Would you recommend this activity to anyone? Why?
It made me feel fascinated about what was there.	I would recommend it to someone who likes interestingly odd things.

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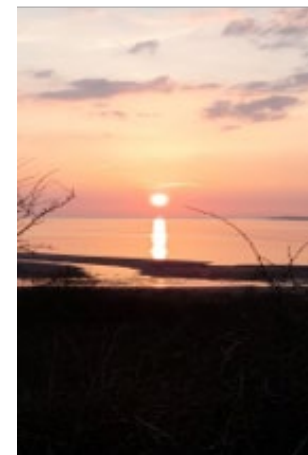


Parkrun #19

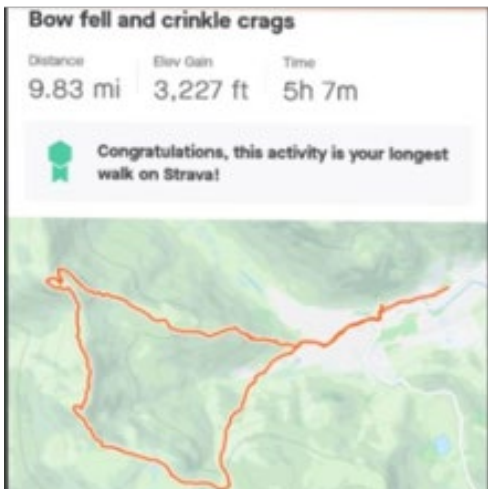
Distance | Pace | Time
5.00 km | 5:18 /km | 26m 31s

Nicely done! Keep moving by joining a challenge

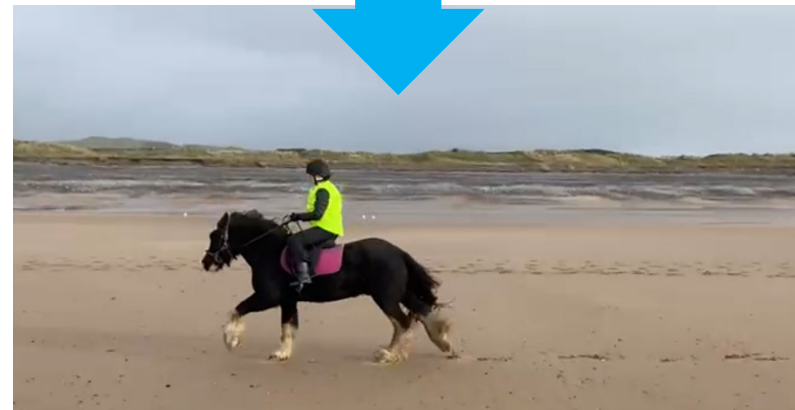
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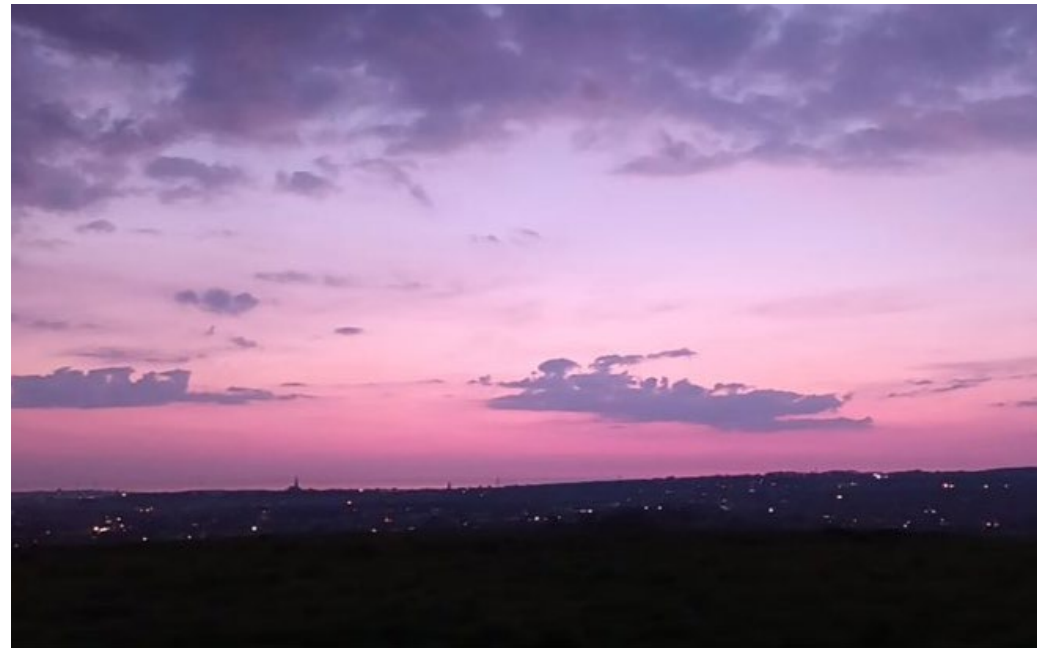
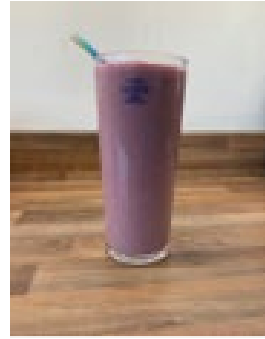
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This is a photo still from a fantastic video uploaded showing horses cantering along the beach! 😊



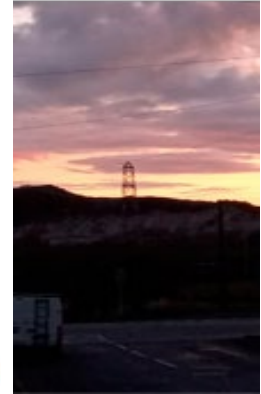
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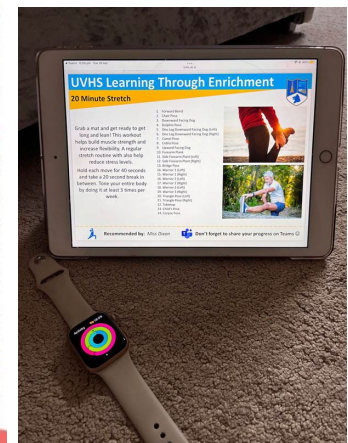
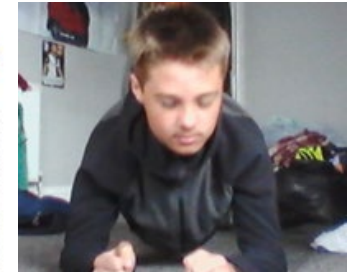
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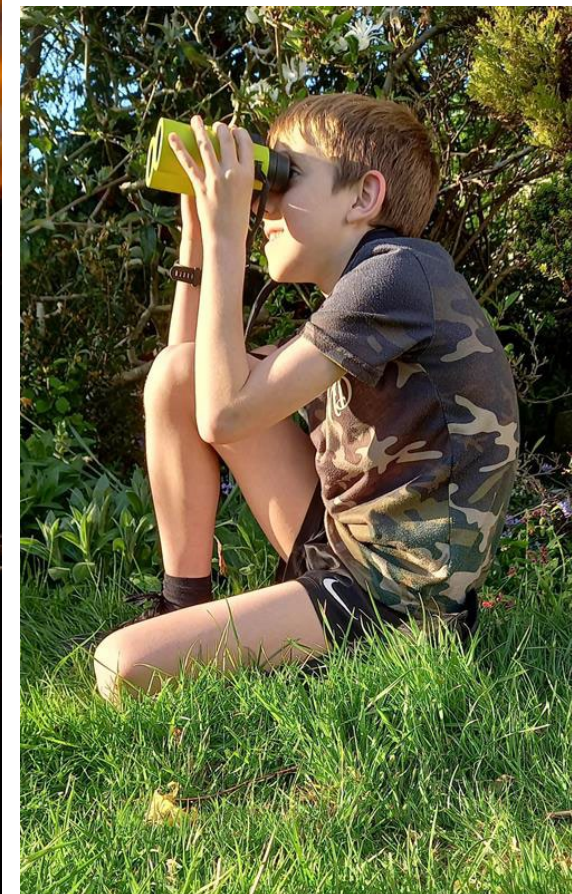
Garden bird detective



Garden bird detective



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Introduction

I looked at the different history choices and noticed there wasn't anything about women, so I decided to find some examples of famous women in history that interested me...

Misty Copeland

Born 10th of December 1982

Misty is an American ballet dancer who, on the 30th of June 2015, became the first African American to be the principal dancer in the American ballet theatre's 75-year history!

Hatshepsut

1508-1458 BC

Long before Cleopatra, a woman ruled Egypt for 25 years. Hatshepsut was the first woman to ever become pharaoh. She proclaimed herself king, not queen, she wore men's clothes and a fake beard. She reigned longer than any other pharaoh from Egyptian history.

Nancy Wake

30th August 1912-7th August 2011

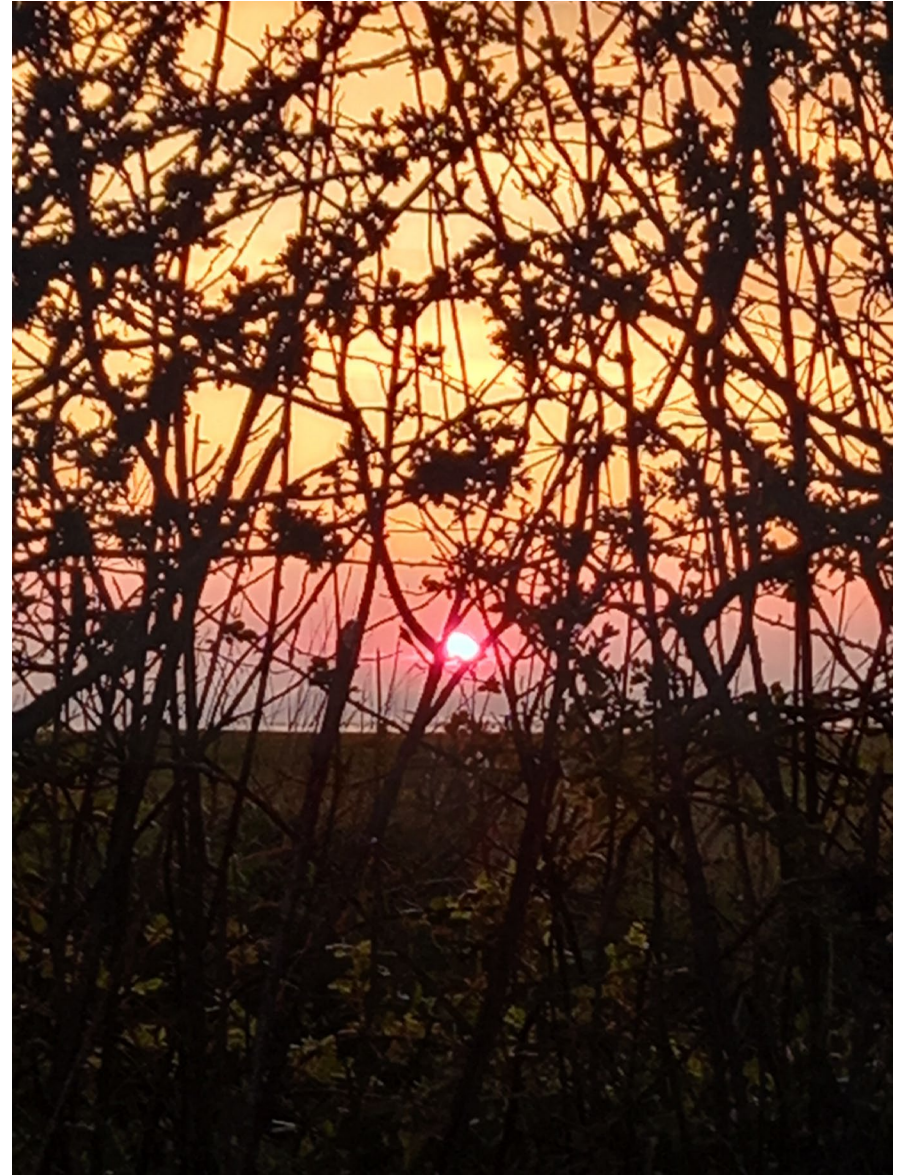
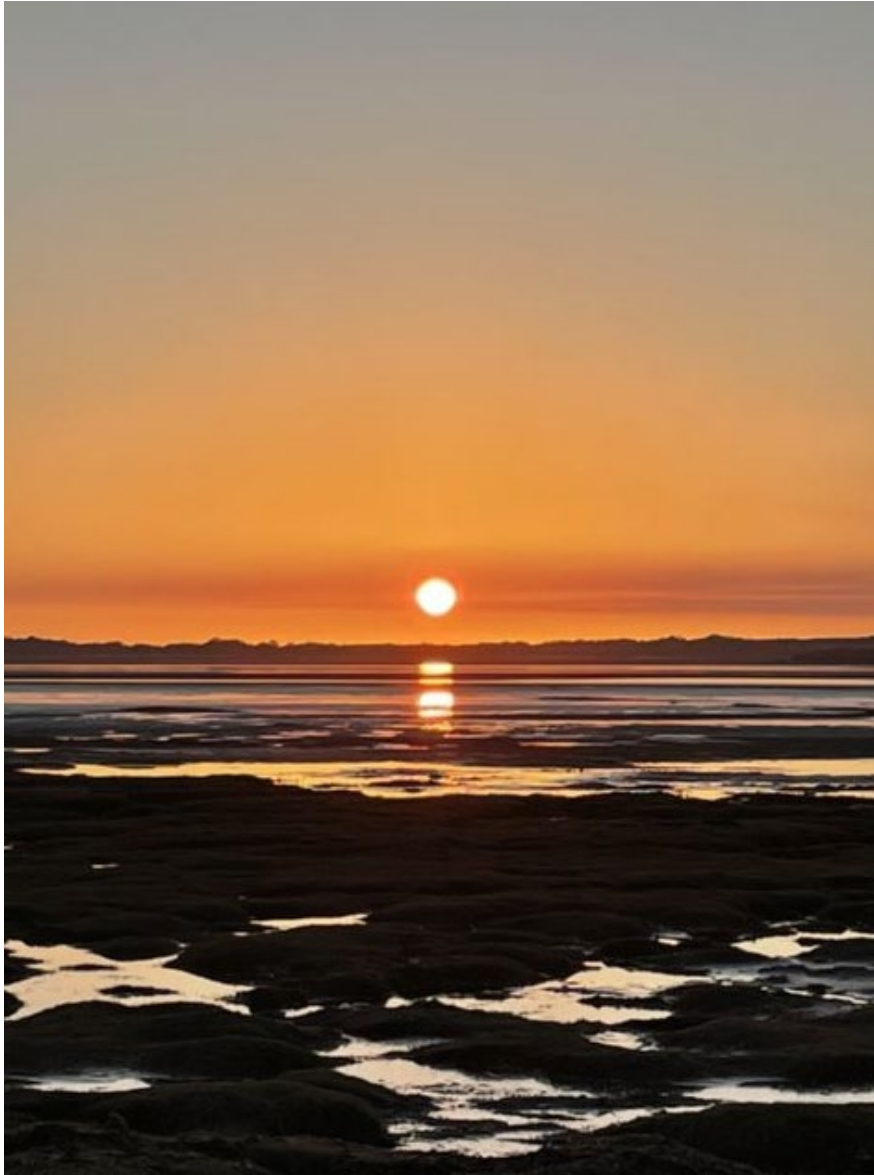
When she was 16 years old, she flew from Australia to England, and convinced a newspaper to hire her. When WWII started, she joined the French resistance in their fight against the Nazi's. She helped rescue British pilots and trained resistance fighters. Nancy was awarded medals for bravery from Britain, France and America at the end of the war.

Jaquotte Delahaye

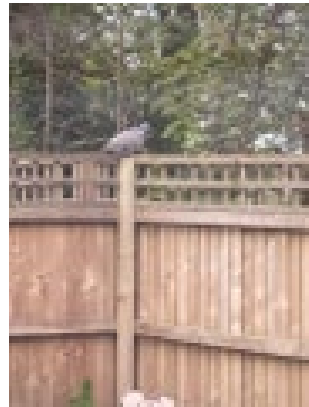
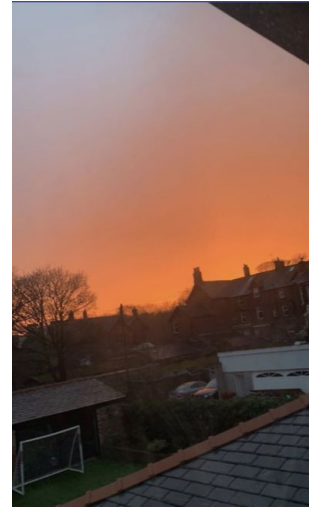
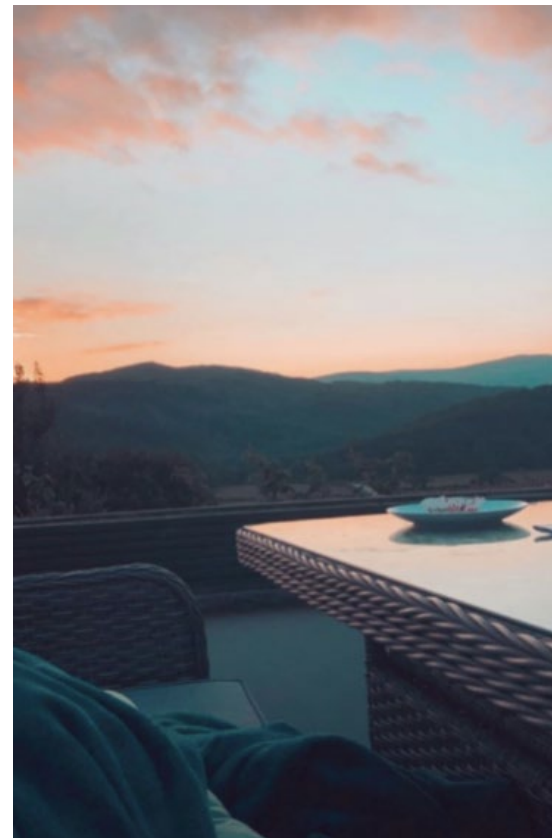
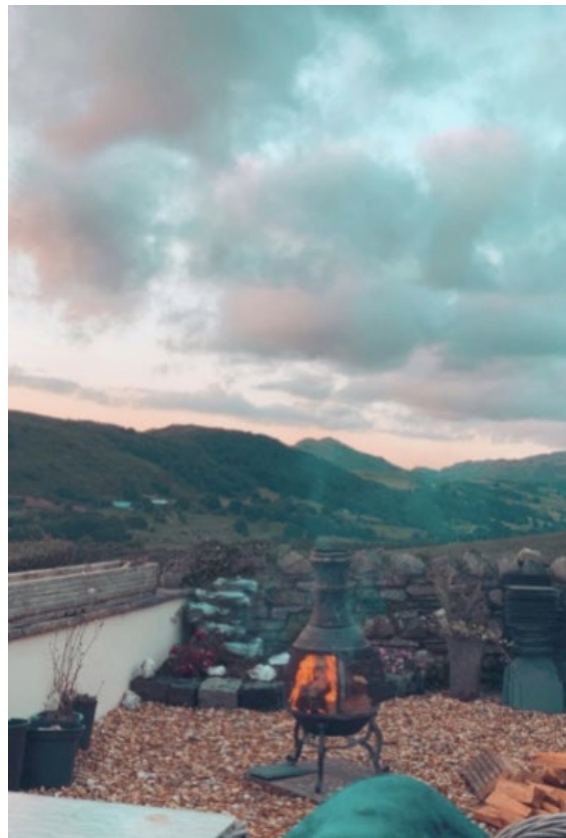
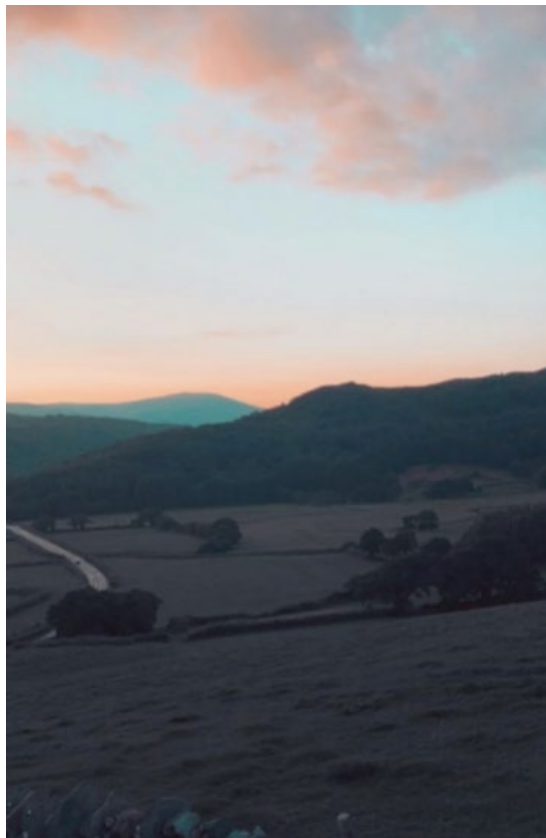
1640's-1660's

Jaquotte's parents died when she and her brother were young, so she had to find a way to look after them. She became a pirate! Jaquotte had a gang of hundreds of pirates and robbed Spanish ships. She had lots of enemies, so she had to fake her own death and hid from them all. She gave herself a new name and dressed as a man but her bright red hair gave her away. She had a girlfriend called Anne and they were the two most feared pirates of the Caribbean...

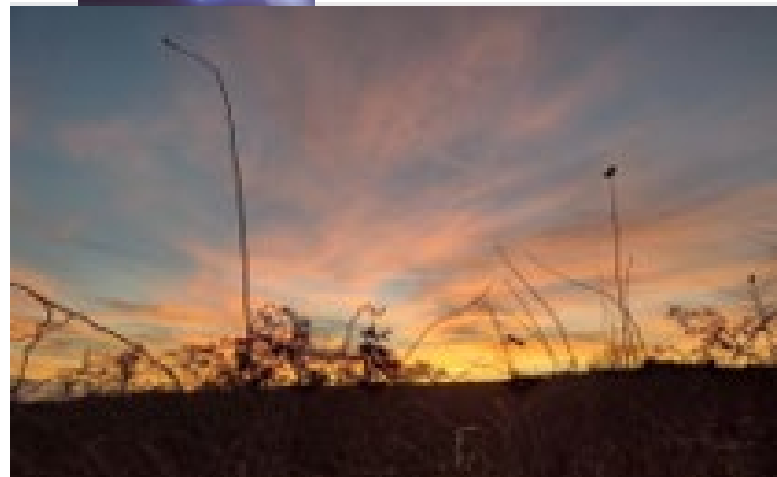
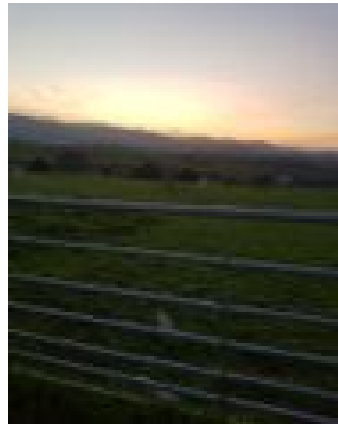
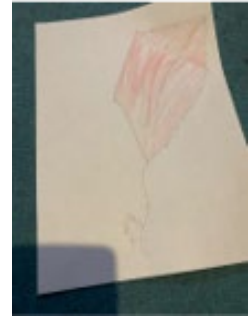
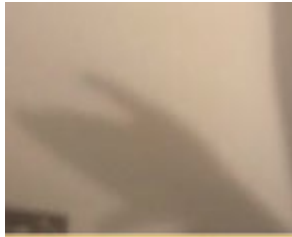
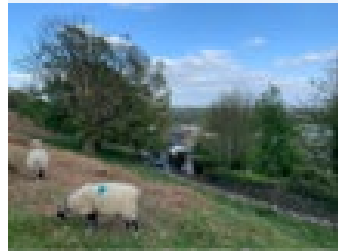
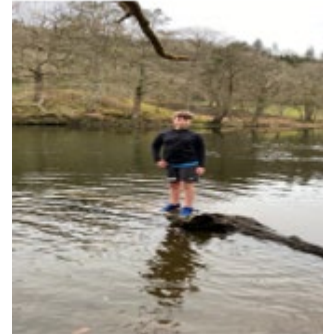
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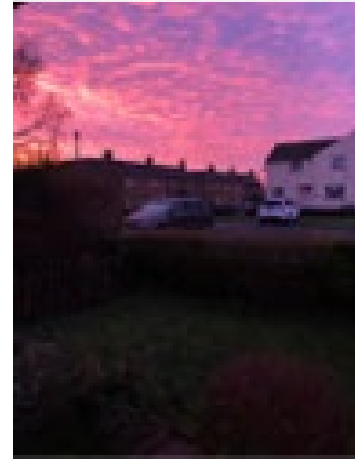
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Photo

What did you have to do for this activity?

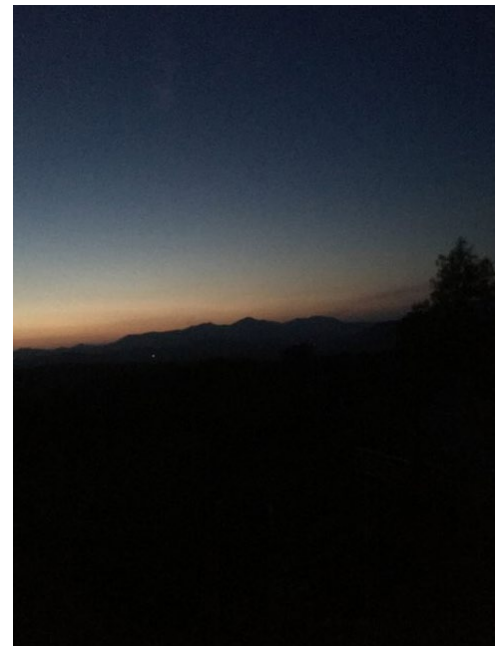
Place an item on a piece of paper and shine a light until you get a shape that you like and then draw the outline of the shape and turn it into something.

How did this activity make you feel?

Would you recommend this activity to anyone? Why?

This activity made me feel creative because you have to turn a shadow into something that looks like a fun object and you have to use your imagination.

Yes because it is very fun to do and some shadows might look really cool or even really funny.



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What did you have to do for this activity?

i went on a bike ride

How did this activity make you feel?

it was fun

Would you recommend this activity to anyone? Why?

yes as it is very fun and its good to get outside

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Photo	What did you have to do for this activity?	Was this a family task? Did anyone help you or take part?
	<p>For this activity I went to Liverpool to swim at their 50m pool for North West regionals. I only got two times for this competition as they are quite hard. Last Saturday, I swam 200 butterfly and this Sunday I swam <u>400im</u>. 200 butterfly consists of 4 length butterfly and <u>400im</u> consists of 2 lengths of each stroke.</p>	<p>This task wasn't completed with any family member but lots of my friends from the same club as me and some from other clubs swam too and I had lost of fun with them.</p>
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
<p>This activity made me feel good about myself because when I finish my race I feel like I have accomplished something which makes me proud of myself. Also when I swim good I like to see my coaches when they're proud of me</p>	<p>Yes, I would recommend swimming to people or any sport really as it helps your mental health and when you achieve something within the sport it's a really good feeling.</p>	<p>Swimming has inspired to me enter bigger competitions and do other sports. For example, swimming inspired me to start running to help my swimming and now I equally love them. Also, it has inspired me to enter bigger competitions because of how much I love it and the friendship group I have within swimming.</p>

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I did a virtual tour of the science museum and I looked around the website. I found an interesting page about Kenneth Grange and how he changed our lives. I found out a lot about models and how they helped inventors. I learnt more about climate change and carbon capture technology. I would recommend looking through these websites as they will help you understand more about what I have put here. You can also find more on the science museum website. I have read through these sites and I have learnt lots about our world and our technology



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Photo	What did you have to do for this activity?	Was this a family task? Did anyone help you or take part?
	<p>Today I have been practising my maths for the Maths Competition My class are taking part in on Wednesday. The questions were tricky, and it took me a while</p>	<p>No. I had to solve the questions myself because I won't be able to ask for help on the day</p>
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
<p>Excited because its' going to be a massive thing against other schools. And I am proud to be able to represent UVHS</p>	<p>Yes. Because it would be good for your brain and to test your knowledge in Maths</p>	<p>I have continued to practise the other tests to help me do my best</p>

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Well done Year 7 on another jam packed week of enrichment activities!

Enrichment
Homepage:

<https://www.uvhs.uk/ks3-learning-through-enrichment>



Academic
Enrichment:

<https://www.uvhs.uk/page/?title=Y7%2D9+Academic+Enrichment&pid=526>



Coast Roads
Festival
Enrichment:

<https://www.uvhs.uk/site/data/files/curriculum/enrichment%20pdfs/E67199D669994F847B621977F045C142.pdf>



National
Competitions:

<https://www.uvhs.uk/ks3-competitions>