




## Key Stage 3 – Westgate’s ‘Screen Free’ Wednesday Challenges

<p style="text-align: center;"><b><u>PE Challenge</u></b> ‘Let’s get active’ Go for a walk/run/cycle. Record this on the Strava app (which can be downloaded for free), fitbit, smart watch or any other device or app that you may have.</p> <p style="text-align: center;">Share your achievements via a photo/screenshot.</p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><b><u>Drama Challenge</u></b> ‘Bring a character to life’ Think back to a play we have studied in school ( melodrama, Ernie, Sparkleshark, Terrible fate of Humpty dumpty, the Xmas Factor, Missing Dan Nolan) OR any play that you have seen ( not a film). Now gather clothes and household objects , from within your home, to make a costume for you to wear as a character from your chosen play. Take a picture of your final costume.</p> <p>Extension – Recreate or devise a new scene or speech as your character of choice – evidence in a way that suits you.</p>	<p style="text-align: center;"><b><u>Technology Challenge</u></b> Upcycle something in your house into something new. It could be furniture, toys, tech, clothing- the possibilities are endless! Copy and paste a photo of your creation and a short explanation of what you did.</p> <div style="text-align: center;">  </div>
<p style="text-align: center;"><b><u>Food &amp; Nutrition Challenge</u></b> Bake something Valentine themed. It could be a cake, a dessert, a pie- anything. Copy and paste a photo of your baked good. If you are unable to bake create a vision board including the following;</p> <ul style="list-style-type: none"> <li>• Design a 3 course menu including a drink for their ideal valentine.</li> <li>• Write up a time plan/method as to what they would make. This would include list of ingredients for the shopping and equipment.</li> <li>• Draw or find images to share your perfect table setting for a valentine dinner.</li> </ul>	<p style="text-align: center;"><b><u>Art Challenge</u></b> Select one of the following Art challenges to complete. Copy and paste a photo of your masterpiece to share with your tutor.</p> <p style="text-align: center;">Notan art - easy positive negative Japanese art - <a href="https://www.youtube.com/watch?v=ExeekGarOzo">https://www.youtube.com/watch?v=ExeekGarOzo</a></p> <p style="text-align: center;">Nail polish marbling -Easy marbling onto paper. <a href="https://www.youtube.com/watch?v=0saMwCxa05s">https://www.youtube.com/watch?v=0saMwCxa05s</a></p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><b><u>Tutor Challenge</u></b> Your aim is to complete at least one of the well-being challenges below;</p> <ul style="list-style-type: none"> <li>• To take 30 minutes out of your day to ‘drop everything and read’             <ul style="list-style-type: none"> <li>• Play a board game with a member/members of your family</li> <li>• Listen to the radio/podcast</li> </ul> </li> <li>• Complete some mindfulness activities such as colouring in, wordsearches, sudoku etc.</li> </ul> <p style="text-align: center;">Share what you have been up to via a photo or a short explanation.</p>

## Key Stage 3 – Westgate’s ‘Screen Free’ Wednesday Challenges

Student Name:

Year Group/Tutor:

<u>PE Challenge</u>	<u>Drama Challenge</u>	<u>Technology Challenge</u>
<u>Food &amp; Nutrition Challenge</u>	<u>Art Challenge</u>	<u>Tutor Challenge</u>