



# Screen Free Friday










5<sup>th</sup> March 2021



Screen free Friday begins at **11.45am** after your daily coaching session.

Your live remote lessons on Teams will not be taking place as normal during period 3 & 4. Instead, you should **choose two activities to participate in from any of the boxes below**.

All the activities below are (mostly!) completely screen free. We are doing this to support your well-being. This is not a time for more Xbox or Playstation....it is time to get creative, get active and try something different. Most of all, give yourself a break from learning on-screen!

Screen Free Activity	Instructions/Links to read first
Complete the <b>#Proudtobepakefield</b> Art challenge	Have a good look around you and find objects around the house/shed/garden or local area that could be made into letter shapes. Write and photograph <b>#Proudtobepakefield</b> using the objects or materials that you find! Send them to us! 
<b>D.E.A.R.</b>  	Drop everything and read! Choose a book or buy/read a daily newspaper. As part of this challenge we would like you to <b>'get caught reading'</b> and send us a picture (as funny or random as you like...but also safe!) of where you were found reading! Where will you get caught...? 
<b>Build a portrait</b> 	Create head and shoulders portraits using objects in your house/shed/garden, natural environment. Photograph them and send them in to us so we can share your creations!
<b>Screen-free poster</b> 	Design a poster, encouraging and persuading people to take part in a screen free day of their own
<b>Interview</b> 	Interview someone in your house (or an older relative, family friend etc. with permission – over the phone!) about what the world was like when they were growing up. Write up your findings in the style of an article. Send them a copy of your work! What will you ask them...?
<b>Create an Andy Goldsworthy sculpture</b> 	Using only sticks, leaves and stones from your garden (or a nearby park!) sculpt a natural piece of art like these examples! 

Please seek permission before completing any outdoor activities and make sure you follow all Covid-19 lockdown guidelines about daily exercise and social distancing!






# Screen Free Friday

12<sup>th</sup> February 2021



Screen Free Activity	Instructions/Links to read first
<b>Bridgetti Challenge</b> <a href="https://www.youtube.com/watch?v=Pp9U6lyolqg&amp;feature=emb_title">https://www.youtube.com/watch?v=Pp9U6lyolqg&amp;feature=emb_title</a> 	Build a bridge from spaghetti. The bridge must span a gap between two chairs that are 35cm apart. The bridge must hold a small (e.g. 200g) tin of beans but you could choose heavier items! Photograph or make a video testing your bridge (start with the smallest weight first and test until destruction...!). We'd love to see them in action!
<b>Make an Agamograph</b> (Optical Kinetic Art)  	<a href="https://www.youtube.com/watch?v=DZlmVXFgznU">https://www.youtube.com/watch?v=DZlmVXFgznU</a> You can either print a pre-made template here: <a href="https://cdn.babbledabbledo.com/wp-content/uploads/2020/04/Agamograph-Drawing-Template-UPDATED.pdf">https://cdn.babbledabbledo.com/wp-content/uploads/2020/04/Agamograph-Drawing-Template-UPDATED.pdf</a> or copy a template onto your own A4 paper and get creating!... If this is too easy, follow the tutorial below and create your own! <a href="https://www.youtube.com/watch?v=mnV_nyl6Xf4">https://www.youtube.com/watch?v=mnV_nyl6Xf4</a>
<b>Scale model project</b> <b>Level 1:</b> Create a scale drawing of a room in your house or garden. <b>Level 2:</b> Create a scale drawing floor plan of your house. <b>Level 3:</b> Create a scale model of a room in your house or garden.	Learn how engineers use scale drawing and models to design their structures. You will try to create a scale drawing or model of an area in your home. You must measure the original space and pick a scale, perhaps 1metre in real life could represent 2cm for your drawing/model. Have a go at one of the levels! <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>3 cm</p> <p>1 cm = 1 metre</p> </div> <div style="text-align: center;">  <p>4 cm</p> <p>1 cm = 3 metres</p> </div> </div>
<b>Let's get active</b> 	Go for a walk/run/cycle. Try and record this on a Fitbit, free app, smart watch or any other device or app that does this! <div style="background-color: #333; color: white; padding: 5px; display: flex; justify-content: space-between; align-items: center;"> <div>Distance 2.52 km</div> <div> </div> <div>Duration 31 mins</div> <div></div> </div>
<b>Notan &amp; Japanese Art</b> 	<a href="https://www.youtube.com/watch?v=ExeekGarOzo">https://www.youtube.com/watch?v=ExeekGarOzo</a> <a href="https://www.youtube.com/watch?v=vt_HZv0tNZk">https://www.youtube.com/watch?v=vt_HZv0tNZk</a> Watch the tutorials above and give it a go yourself! 
<b>Be a cartographer for the afternoon</b> 	Make a map of your home, garden or a route you take when you go for a walk. In the past, cartographers would sometimes include features that were not actually there, such as monsters or dragons!

Please seek permission before completing any outdoor activities and make sure you follow all Covid-19 lockdown guidelines!

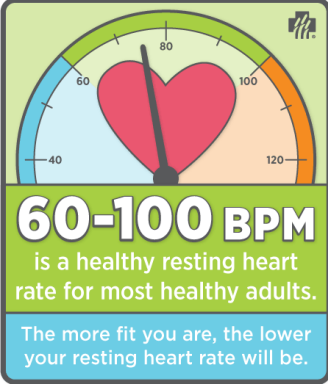








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Screen Free Activity	Instructions/Links to read first
<b>Science &amp; Engineering Experiments</b> *Basic household objects/equipment may be needed in advance *Please ask for permission from an adult!	Browse and choose one of the Dyson's Science & Engineering Challenges here: <a href="https://www.jamesdysonfoundation.co.uk/content/dam/pdf/JDF-challenge-cards-JULY20.pdf">https://www.jamesdysonfoundation.co.uk/content/dam/pdf/JDF-challenge-cards-JULY20.pdf</a> Recommended science challenges: 3, 5, 7, 8, 9, 10, 13, 14, 16, 20  Recommended engineering challenges: 3, 4, 12, 15
<b>Home Fitness Test</b> 	Take your resting heart rate by finding your pulse in your wrist or neck. Count the beats for 30 seconds then double it to find your resting heart rate beats per minute. Complete an exercise of your choice or one of our PE workouts here: <a href="https://youtube.com/playlist?list=PLi_ZCauKQafkV0tjb4CLI_VV22MOzNvOD">https://youtube.com/playlist?list=PLi_ZCauKQafkV0tjb4CLI_VV22MOzNvOD</a> Next, repeat taking your pulse. Who in your family has the lowest and highest heart rate?   <b>Self check: take your own pulse</b>  Find your pulse  Count your heartbeat for 30 seconds  Double it

Well-Being Activities		
Listen to your favourite music and/or take a warm bath	Design and complete your own workout	Draw and/or paint a picture
Learn and play a new card game	Listen to the radio or a podcast about a topic of your interest	Write a song or poem called 'life after lockdown'
Paint your nails...or try this Nail Polish Marbling <a href="https://www.youtube.com/watch?v=0saMwCxa05s">https://www.youtube.com/watch?v=0saMwCxa05s</a>	Listen to this 10 minute mindfulness practice or a podcast of your choice <a href="https://soundcloud.com/mentalhealthfoundation/mindfulness-10-minute-practice">https://soundcloud.com/mentalhealthfoundation/mindfulness-10-minute-practice</a>	Play a game with your family members (e.g. Bananagram, Pictionary, Scrabble)
Start a diary/journal and write about your thoughts throughout lockdown so far	Write a list of ten things you are grateful for... OR tidy your room (this is not a trick...it makes you feel good!)	Write a letter or phone a relative/friend you have not spoken to for a long time

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## Get into nature!

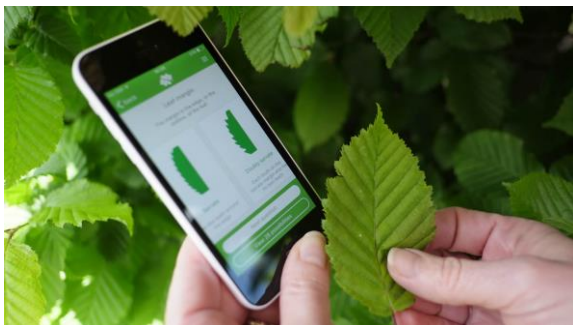
Count the birds you see in your garden or outdoor space nearby. Record the birds as a tally using the pictures below!



Download the free app by 'Woodland Trust' and identify trees in your garden and/or local area

[https://www.youtube.com/watch?v=8aY5pjqq-wE&feature=emb\\_imp\\_woyt](https://www.youtube.com/watch?v=8aY5pjqq-wE&feature=emb_imp_woyt)

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/tree-id-app/>



### 'Make it activities'

Find instructions on the link below on how to make simple things like a lego bird table, a mini pond, a recycled t-shirt carrier bag ([https://www.youtube.com/watch?time\\_continue=42&v=gAk7nIEufkE&feature=emb\\_log\\_o](https://www.youtube.com/watch?time_continue=42&v=gAk7nIEufkE&feature=emb_log_o)) and even your own water cycle in a jar! <https://www.wwt.org.uk/discover-wetlands/fun-and-learning/make-it-activities/#>

\*Basic household/outdoor items needed...like an old t-shirt you are allowed to cut up! Always ask for permission!

