

Take our **KS4/5 Screen Free Challenge**. On 5th Feb aim for 10 of our screen free activities. **no laptop—no tablet—no phone—no console.** Do something different for your own wellbeing. Good luck!

Get a member of your household to take photos of you completing your challenges and share them with your teacher.

Podcast

- 'Akala & David Olusoga: Striking the Empire'
- BBC Sounds—'In Our Time'
- 'Dan Snow's History Hit'

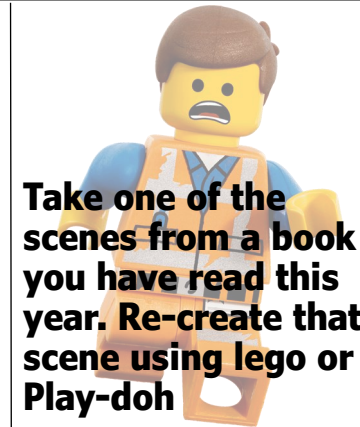
The Wind Turbine Challenge:

To build a simple wind turbine that can lift a cup off the floor when powered by a hairdryer. You will need (for the model): Card, straws, paper, cotton reels, cocktail sticks, pencils, sticky tape, blu-tack, string, scissors



Create an **Egg Baby**. Give it human characteristics, and write up a journal as you care for it. What can you learn about attachment theory?

Make your own **fizzy drink** using science. Here is a [recipe](#) you could follow.

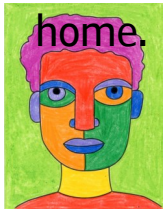


Take one of the scenes from a book you have read this year. Re-create that scene using lego or Play-doh

Get musical

Do you play an instrument? Sing? Rap

Create a **mixed media self-portrait**. Use any materials you can find around your



Write a poem about your Covid / lockdown experiences



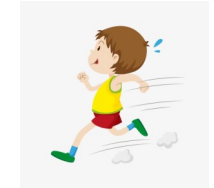
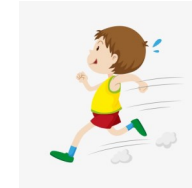
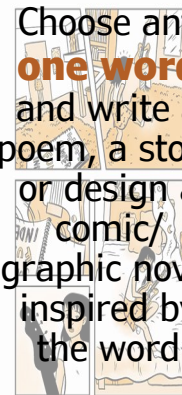
Play a board game

On your daily exercise / walk, be on the lookout for an architecturally interesting building. Do an **Up Shot sketch** of the building with the sky.



Try to think about the composition of the picture

Choose any **one word** and write a poem, a story or design a comic/graphic novel inspired by the word



Beat the Teacher Download the 'Map My Run by Underarmour' You can Run, Cycle or Walk 5km. PE Teachers will be sharing their efforts on Instagram @Ins_pedept. Share yours with us on your PE Google Classroom, or your tutors. Good Luck.

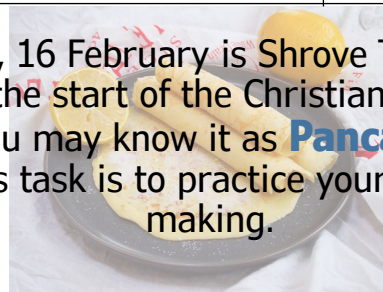
Verbal challenge: every time you say a noun, try and put an adjective before it. Do this ALL day

Podcast

- BBC Sounds—'State of the Planet'

Scientific Nature Walk. You can pick any spot near you to walk. Consider going to a park (or garden) where there will be more nature to experience. Bring a magnifying glass, and some plastic containers for collecting specimens .

Tuesday, 16 February is Shrove Tuesday. It marks the start of the Christian period of Lent. You may know it as **Pancake Day!** Today's task is to practice your pancake making.



Podcast

- 'More or Less: Behind the stats'

Get cooking!

Make some tapas or hors d'oeuvres for your lunch.



Conduct a **traffic count**. Tally the different types of vehicles that pass your house in both directions. Do this twice a day for 10 mins. How can you present your data?