

Bower Park Academy Virtual Enrichment Activities



Use this half-term to do something different, to give yourself a break. Below are some suggestions of activities that you could complete with friends and/or family members while at home.

School Values Task	<p>Find out the similarities and difference between your experience of school and that of your parents or carers or grandparents. Who had it easier? What were the challenges?</p> <p>School Value: Respect</p>	<p>Look up Russell Group Universities. Select one of these universities, take a virtual tour and find out more about a course you have an interest in.</p> <p>School Value: Aspiration</p>	<p>Take the couch to 5K run challenge.</p> <p>Couch to 5K: week by week - NHS (www.nhs.uk)</p> <p>School Value: Endeavour</p>
Active Task	<p>Find a yoga instructor you like on YouTube and follow their guidance.</p>	<p>Take part in moderate aerobic activity such as dancing or brisk walking for 30 minutes each day.</p> <p></p>	<p>Follow this 10-minute workout by The Body Coach.</p> <p>10 Minute FULL BODY Workout The Body Coach TV - YouTube</p>
Literacy Task	<p>Write a book review about your favourite book of all time! Explain what made you pick this book. Remember to not give away any part of the story.</p>	<p>Write a sequel to your favourite movie! What would happen next? Don't forget the plot twist.</p> <p></p>	<p>Write a poem about something on your mind.</p> <p></p>
Creative Task	<p>Invent your own board game. What are the rules? Can you make all the pieces needed to play?</p> <p></p>	<p>Upcycle and make your own musical instrument.</p> <p></p>	<p>Recreate your favourite takeaway using ingredients from home.</p> <p>Takeaway recipes - BBC Good Food</p> <p></p>
STEM (Science, Technology, Engineering and Maths) Tasks	<p>Learn how to play Chess or become a better Chess player.</p> <p></p>	<p>Research and discover how Fibonacci's number sequence can be found in nature.</p> <p></p>	<p>Can you build a boat that floats and can hold at least 20 times its weight?</p> <p></p>