

Activities from the Captains

Over the last few weeks of term, the Captains were been busy meeting on Zoom with Miss McGann and Mrs Saunders to create some fun activities for Connaught children to complete over the summer holidays.

How many passes can you complete with a ball...?

Base Camp	Climbing	Peak	Summit
In 2 minutes.	In 1 minute 30 seconds.	In 1 minute.	In 30 seconds.

You will need: a partner, a ball and a timer/phone.

Instructions:

You and your partner have to stand 2 metres apart (so you can complete this with a friend) and have to pass the ball between you and see how many you can complete in the given times.

How many times can you run around a large area (approx. 6m square)...?

Base Camp	Climbing	Peak	Summit
In 3 minutes.	In 2 minutes.	In 1 minutes.	In 30 seconds.

You will need: 4 objects to mark the area and a timer/phone.

Flip a coin

Base Camp	Climbing	Peak	Summit
On Basecamp you have to flip a coin and heads = 20 star jumps and tails= 30 star jumps who ever completes it first wins.	On Climbing you have to do the same but tails = 10 squats and heads = 5 squats .	On Peak you have to do the same but tails = 7 push ups and heads = 10 push ups.	On Summit you have to do the same but tails = 5 burpees and heads = 8 burpees .

Activity - Make your own Stop Motion Movie

– there is an example on the next slide.

Base Camp	Climbing	Peak	Summit
Film one scene (25 shots)	Film two scenes (50 shots)	Film three scenes (75 shots)	Film four scenes (100 shots)



This is my example of a stop motion film about a thief stealing the crown jewels - he ends up in jail! (I hope you like it).

Remember to ask an adult before downloading an app!

Equipment you will need

Lego/playmobile characters

A stop motion app

A background (optional)

Patience!

Instructions

Step 1: Create a background.

Step 2: Install a stop motion app (e.g.: Stop Motion Studios)

Step 3: Take as many pictures as it takes to complete your stop motion film, moving your character(s) slightly between each one.

Activity - make a word from letters that you find in nature or around town. Take your camera out on a walk and photograph what you find.

Base Camp	Climbing	Peak	Summit
Make a 3 letter word	Make a 4 letter word	Make a 5 letter word	What's the longest word you can make?

► E.g. HAT



Superhero

Base camp	Climbing	Peak	Summit
Draw your superhero character character and colour it in! Make sure to name her/him!	Around it, write a minimum of 4 adjectives to describe your character's appearance	After, write at least 3 things to describe their personality! E.G. good-natured, friendly, selfless, courageous	Write a short paragraph explaining what their powers are and how they use them! Also, include extra information on your character (E.G. where they are from, do they have a catchphrase, do they have a side-kick: if so, you can draw them as well).

Superhero

Wonder Girl
happy

blonde
hair

Green eyes

Selfless

Courageous

Kind



Activity- Create a sock puppet

Activity

Create your own sock puppet .

Chose a sock

Turn your sock into your favorite character or your pet or animal

To decorate your sock you will need :

Buttons , ribbons and anything you can find around your house

Have fun



Activity- Button art

Activity

What will you need:
Paper or cardboard - any colour
Buttons
Beads
Glitter [if you wish]
Glue
Create your art masterpiece



Activity

Over the summer holidays collect something beginning with each letter:

C (e.g)chalk

o

n

n

a

u

g

h

t

S hell

u

m

m

e

r

Connaught's 6 Week Challenge!

Week 1



Make a healthy smoothie.

Week 2



As many skips in 1 minute, try to increase your amount every day.

Week 3



Play a board or card games with your family.

Week 4



Create a poem using the following:

- Connaught
- Summer
- Corona
- Friends/family
- Days out

Week 5



Have a movie day, chill out, grab your popcorn and pic 'n' mix!

Week 6



Make a memory board of your adventures throughout your summer holidays.

Think and Draw

Activity

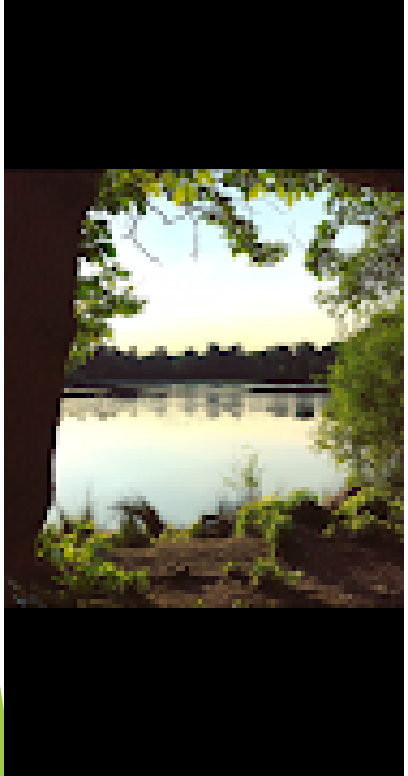
- 1) This game can be played by 2 or more people. Everyone stands back to back and one person calls out instructions on something to draw, they are drawing it at the same time. Example: draw a big square, draw a roof, draw a front door etc. (have you guessed what it is?)
- 2) Every one draws what they have been instructed to draw. At the end everyone compares their drawings to see if the instructions were followed. The winner is the person with the most accurate drawing wins.

Activity-Nature Photography

Base Camp	Climbing	Peak	Summit
<p>While out on a walk or in your garden, I would like you to try and take a picture of a beautiful scenery. For example ,a lake or a river...</p> <p>On the next slide I will give an example</p>	<p>For Climbing, I would like you to try and take a picture of an animal. For example a cow, a horse, a mouse...</p> <p>On the next slide I will also give an example</p>	<p>For Peak, I would like you to try and take a picture of an insect or a pretty flower. Like a butterfly or a ladybird, for example.</p> <p>On the next few slides I will give an example too</p>	<p>Lastly for Summit, I would like you to try and make all of the pictures you have taken to be as clear as possible.</p>

Examples...

Base Camp



Climbing



Examples...

Peak



Thank you for taking part in this activity. If you are still looking for something to do, go and check out some other amazing activities that you can also try to take part in. I hope you enjoyed this activity. Have a great summer!!!!



THANK YOU FOR PARTICIPATING!

Activity-Making a glitter jar



Activity

How to make a glitter jar. First you find a decent sized jar, then fill the jar up with $\frac{3}{4}$ water (cold water works the best), next add a few drops of food colouring in (colour is your choice, but don't use black), then you are going to add in the glitter that you have chosen, a small handful will work fine. After all of those steps put the lid back on and shake the jar when you want to relax or be mindful. Examples will be on the next slide step by step.





Thanks for taking part, I hope it was very fun to make those amazing glitter jars. Have a great summer

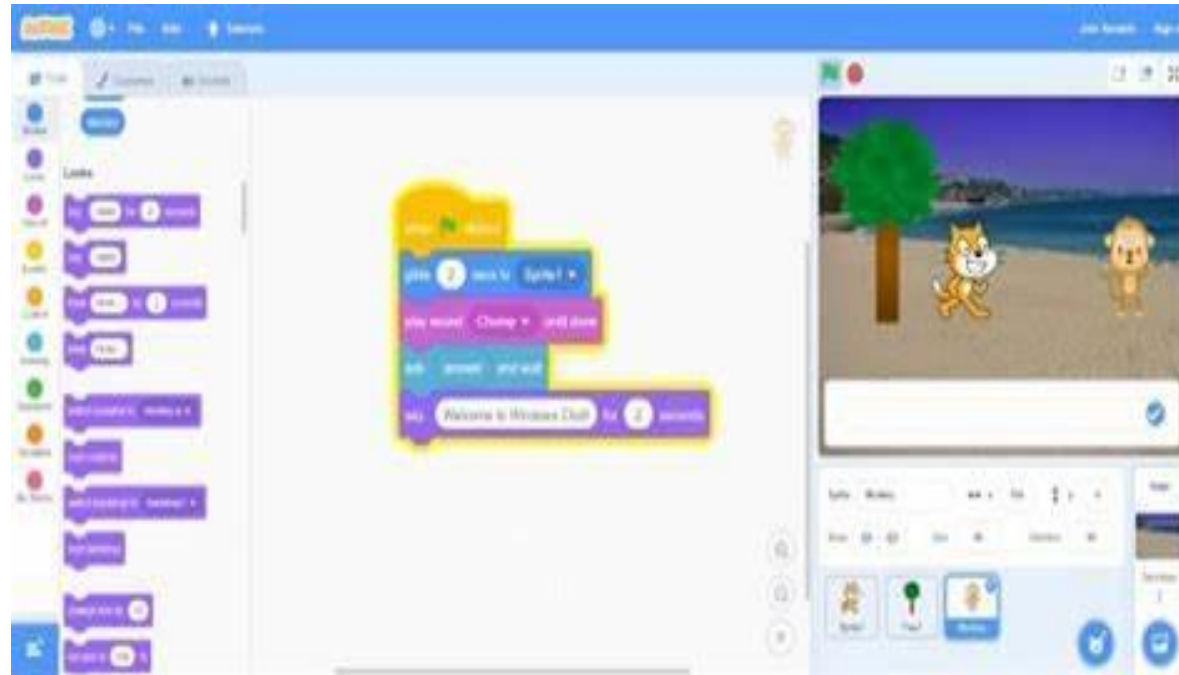
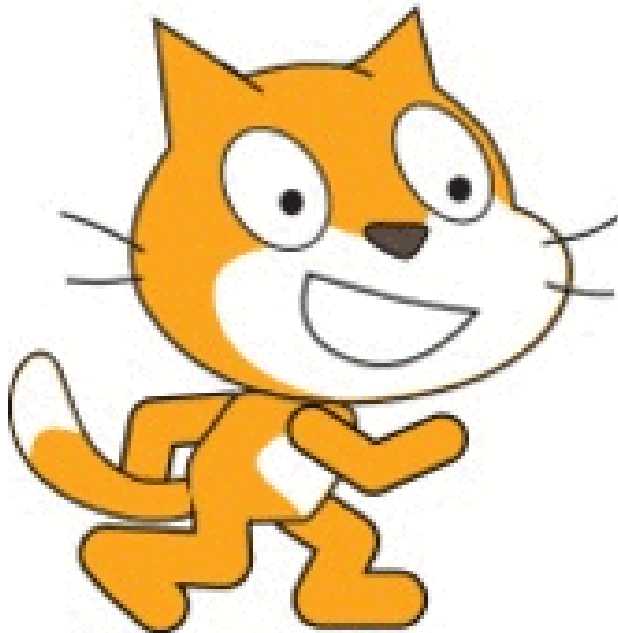


Activity: speed bounce

Base Camp	Climbing	Peak	Summit
<i>Jump back and fourth over an object for 2 minutes then record your score.</i>	<i>Jump back and fourth over an object for 1 minutes and 30 seconds then record your score.</i>	<i>Jump back and fourth over an object for 1 minute then record your score.</i>	<i>Jump back and fourth over an object for 30 seconds then record your score.</i>

Activity-make a SCRATCH project

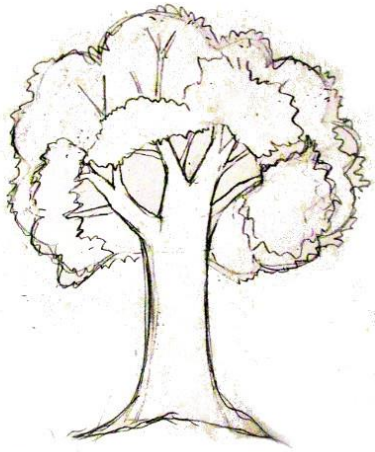
Base Camp	Climbing	Peak	Summit
Follow one of the tutorials on the Scratch website. https://scratch.mit.edu/	Add something to the tutorial to make it better.	Make your own scratch project without using a tutorial.	Teach someone in your house how to make THEIR own Scratch project.



Outdoor drawing

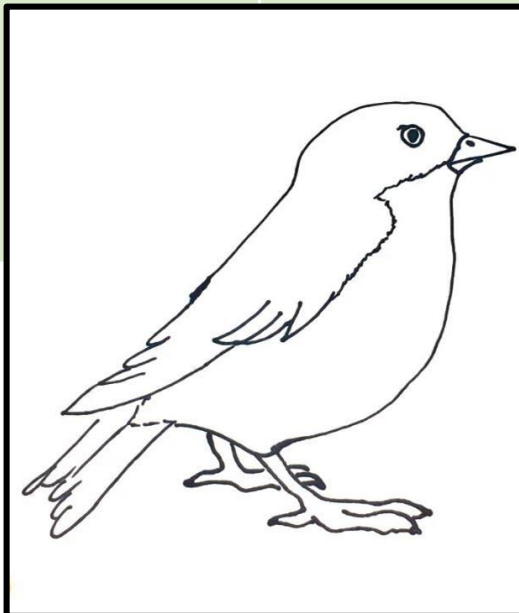
Base Camp

Go outside or for a walk and sketch two things you see e.g. tree, animal, plant etc..



Climbing

Go outside or for a walk and draw 2-4 things you see then add shading or colour them in (make them as realistic as possible).

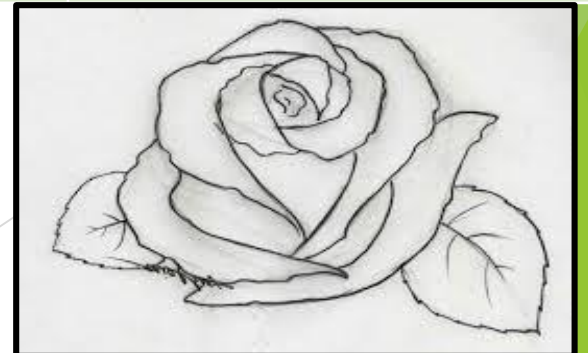


Peak

Do either base camp or climbing then add words or phrases to describe your pictures. E.g. adjectives, verbs, expanded noun phrases.

Summit

Do either base camp or climbing then write a descriptive paragraph underneath explaining the things you saw. Don't forget to try your hardest to use capital letters and full stops.
Remember upper school to use your non-negotiables; they are on the website



Activity - compete in the Olympics

Activity

We would like you to complete the activities on this table to represent the 2020 Tokyo Olympics which has been postponed due to our current situation. Each class will be given a country and if you complete an activity, you gain a house point. If you complete all five, please tell your teacher and they will count up all of your Country's points. Whichever country has the most points by 8th August wins. We wish luck to you all!

Run the equivalent of 1k in your garden or park.	Hold a handstand against a wall for 1 minute.	Complete one of Mr Hatton's workout videos.	Beat a family member at who can do the most star jumps.	Do at least an hour of exercise in one day.
Year 3 Countries:	Matterhorn:	Olympus:	Eiger:	Snowdon:
	<i>United Kingdom</i>	<i>France</i>	<i>Italy</i>	<i>Greece</i>
Year 4 Countries:	Mikeno:	Meru:	Kilimanjaro:	Stanley:
	<i>Austria</i>	<i>Poland</i>	<i>Portugal</i>	<i>India</i>
Year 5 Countries:	Cotopaxi:	Rainier:	Denali:	Salcantay:
	<i>Iceland</i>	<i>Japan</i>	<i>South Africa</i>	<i>Chile</i>
Year 6 Countries:	Elbrus:	Fuji:	Everest:	Annapurna:
	<i>Switzerland</i>	<i>Costa Rica</i>	<i>Turkey</i>	<i>Morocco</i>

Activity

Activity

Garden obstacle course

Activity- design an obstacle course with garden tools and objects in your garden.

Base Camp	Climbing	Peak	Summit
Create your obstacle course.	<i>Add new obstacles to your obstacle course.</i>	<i>Have a race around your obstacle course against a family member.</i>	<i>Can you change any obstacles in your course to make it harder?</i>

Finish/Start line with flower pots

Bucket Jump

Garden chair
weave

Example

Spade run around

Hose speed bounce

