

Year 7
Enrichment
Week 3




What enrichment activities have Y7 been up to this week?



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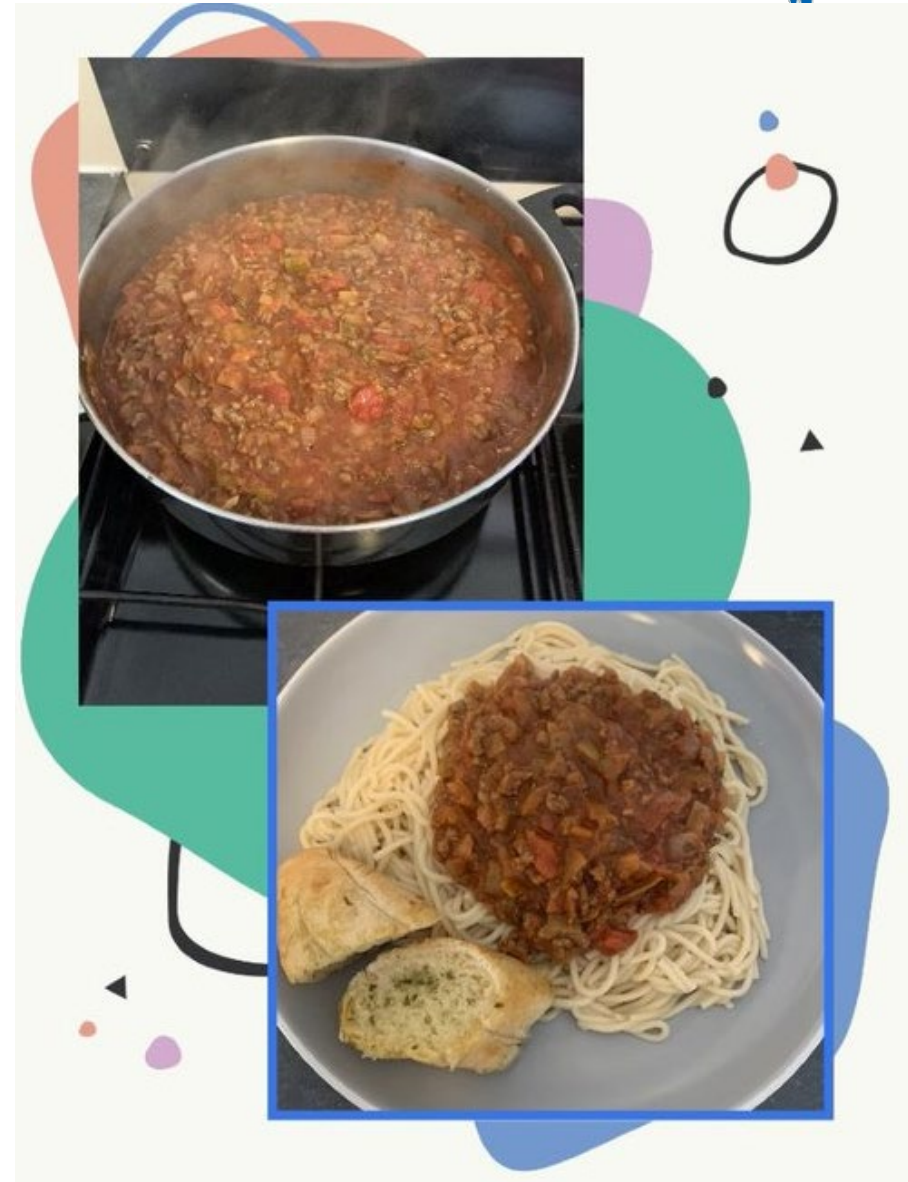


g Through Enrichment						
Activity Name:						
	<table border="1"><tr><th>What did you have to do for this activity?</th><th>Did anyone help you or take part?</th></tr><tr><td>For this activity I have drawn copied a famous drawing</td><td>No, any nobody helped me with my drawing</td></tr></table>	What did you have to do for this activity?	Did anyone help you or take part?	For this activity I have drawn copied a famous drawing	No, any nobody helped me with my drawing	
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What did you have to do for this activity?	Was this a family task? Did anyone help you or take part?
15 second cold shower	Yes we are all trying
Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
Yes because it feels nice	Lake swimming



What enrichment activities have Y7 been up to this week?



Lots of Year 7's have taken part in cold shower therapy this week!



"The activity was very nice but was shocking when I turned it to cold!"

"It made me feel happy!"

"I would recommend this to anyone because it tenses up your skin."

"I felt great!"

"I want to try sitting in ice!"

"It made me feel nice and fresh after Rugby."

"It was cold at first and then it felt more relaxing and calming."

"It makes me want to jump in the lake!"

COLD SHOWER



STIMULATES IMMUNE SYSTEM

INCREASES ALERTNESS

PREVENTS COLDS

ANTI-DEPRESSION HORMONES

ACCELERATES METABOLISM

FREES UP THE MIND

TIGHTENS THE SKIN

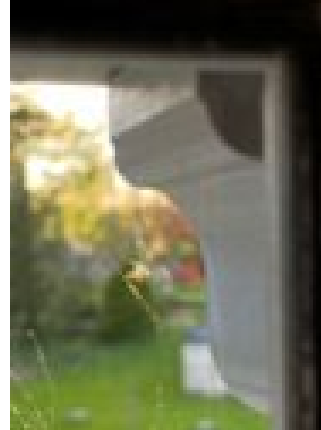
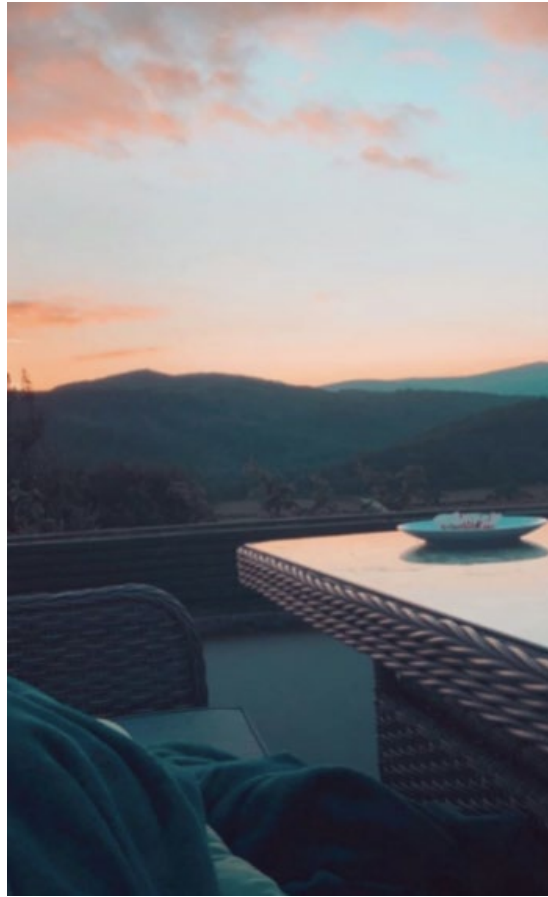
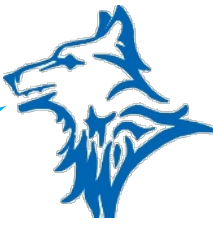
REDUCE HAIR LOSS

GOOD TO DO IN THE MORNING

Would you recommend this activity to anyone? Why?

I would recommend this activity for those people how have joint issues or want to feel relaxed however I didn't feel relaxed and just cold.

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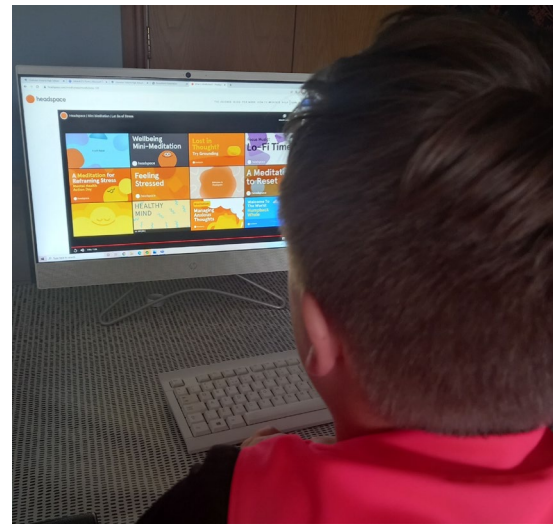



Photo	What did you have to do for this activity?
	I had to get an apple and cut in up into different pieces to create a puzzle.
How did this activity make you feel?	Would you recommend this activity to anyone? Why?
It made me try to figure out a way to cut the apple so it wouldn't fall apart and I could put back together.	To anyone who enjoys puzzles and would like something different to do.



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"I wrote some code on the PC and it made me feel smart! I found it interesting!"

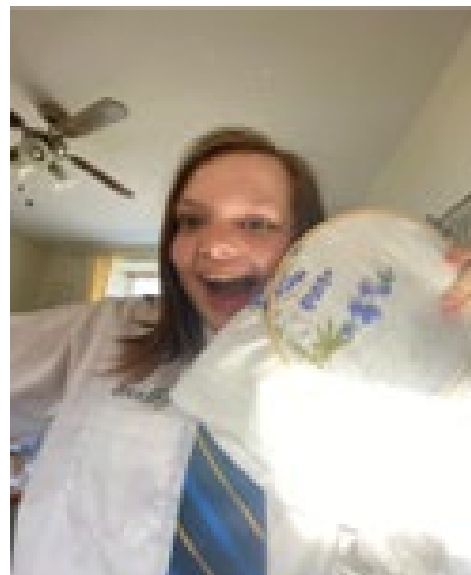


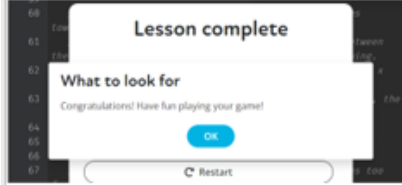

Photo	What did you have to do for this activity?
	I had to make a game on the hour of code
How did this activity make you feel?	Would you recommend this activity to anyone? Why?
Happy because I made a game	Yes if you're interested in coding

Photo	What did you have to do for this activity?
	I had to learn simple code to make coloured blocks on a coding app.
How did this activity make you feel?	Would you recommend this activity to anyone? Why?
It made me feel challenged in a new environment.	I would recommend this to a tech loving kid.



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Farmland bird detective



Today at 8:00 AM

5k

Distance

5.00 km

Pace

5:17 /km

Time

26m 26s

Long Run



What did you have to do for this activity?

Did anyone help you or take part?

I did the 'cold shower therapy' challenge because on Saturday I did the Coniston to Barrow and was feeling incredibly sore.

All my family did the Coniston to Barrow but I was the only one to have a cold shower.

Would you recommend this activity to anyone? Why?

Has this activity inspired you to try something else relating to it?

I definitely would recommend taking a cold shower because it made me feel a lot better and it wasn't that bad!

It has definitely inspired me to continue having cold showers.

Photo

What did you have to do for this activity?



Find a mini beast

How did this activity make you feel?

Would you recommend this activity to anyone? Why?

It made me think how many other mini beasts are outside my window

I would because it reminds people that mini beasts and wildlife are very important for this planet

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Distance

5.2 km

Time

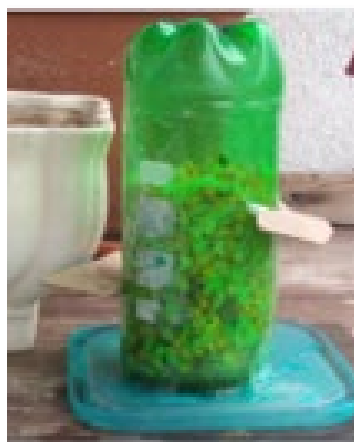
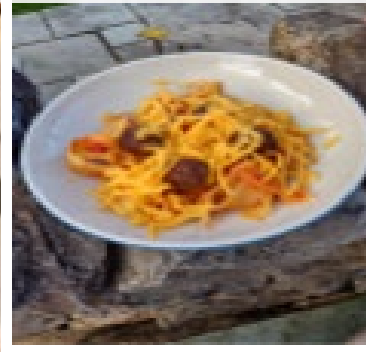
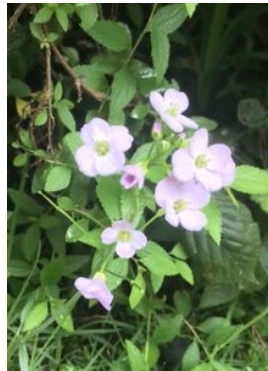
27:43

Elevation

85 m

Calories

400



Photo

What did you have to do for this activity?

Did anyone help you or take part?

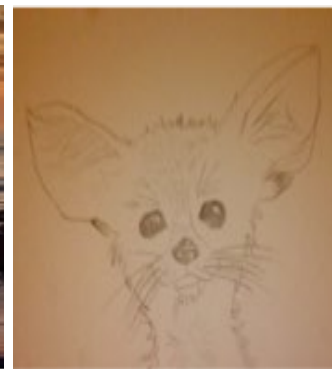


Garlic and rosemary potatoes




Chop and cook potatoes

My nana bought my rosemary




What enrichment activities have Y7 been up to this week?



Photo	What did you have to do for this activity?
	For this activity I had to meditate.
How did this activity make you feel?	Would you recommend this activity to anyone? Why?
This activity made me feel calm, happy and alert.	Yes, I would recommend this to everyone because it helps with a lot whether it's because you've lost someone or you're stressed. People say that they don't have time but that proves to you that you should do it.

"This week I have done an hour of code and did some coding with Javascript. I also did some Minecraft coding and some Python and the Minecraft coding was like Scratch and the Python work was like Javascript but more simple."



Photo	What did you have to do for this activity?
	I decided to re-create some art that I saw in a local art gallery that was selling for about £600. My canvas is a lot smaller than the canvas in the gallery.

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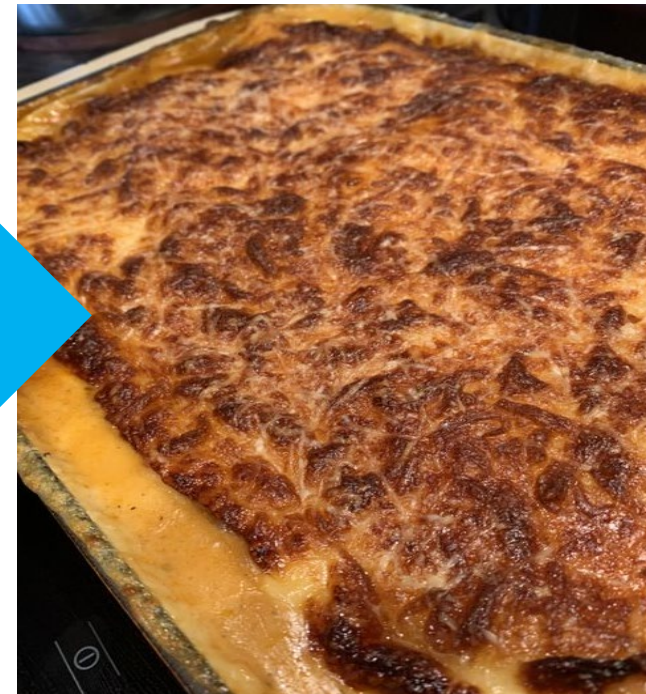


Photo

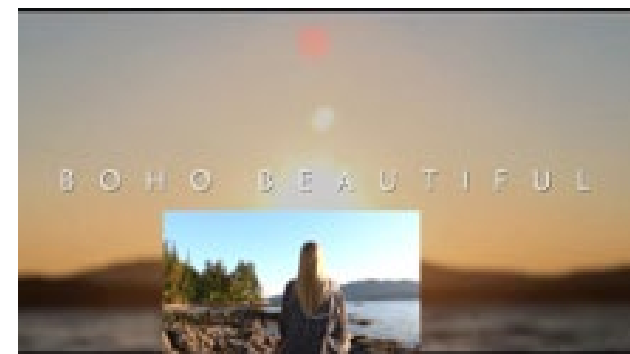
What did you have to do for this activity?



I had to go into my garden to go and find some Minibeasts



What enrichment activities have Y7 been up to this week?



What did you have to do for this activity?

Did anyone help you or take part?

For this activity, I had to run around 5.6km off road and on Loughrigg fell/ Todd Cragg. Within the race I had ran, altogether almost 300m of elevation-292m.

No one helped me take part in this activity apart from my coaches, at the race but I saw lots of my friends some from my club and others I have met through running and racing, who also competed.



How did this activity make you feel?

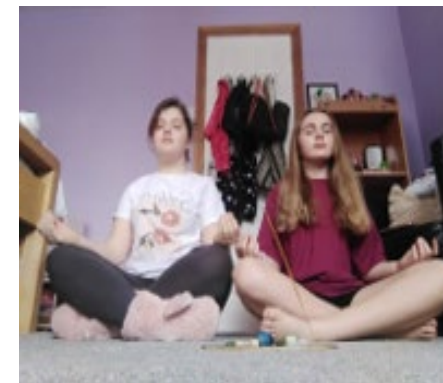
Would you recommend this activity to anyone? Why?

Has this activity inspired you to try something else relating to it?

This activity made me feel very good and proud of myself when I finished as it was the toughest race I've ever done because of the elevation and distance on a fell.

Yes, I would recommend running to other people because it is sort of an escape from reality. All your problems go away when your running and you can forget about everything. Also, when you have finished your run it is a very good feeling.

Yes, this activity has inspired me to do more fell races this summer as well at track races because they are very fun and more of my friends do fell so I would see them more often. Also, because I came top 2nd in both my most recent fell races I am going to be representing cumbria, again. next weekend.



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What did you have to do for this activity?

Was this a family task? Did anyone help you or take part?

walk up a mountain



went with mum and brother



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World War 2- The War in the Pacific

When and where did it happen

The War in the Pacific happened from 7th September 1941 – 2nd September 1945. It is sometimes called the Asia-Pacific war. It was geographically the largest war and was fought in Asia, the Pacific Ocean, the Indian Ocean, and Oceania.

What Happened and the Consequences?

- The Japanese attacked Pearl Harbour on December 7th, 1941, and the USA declared war, the following day on Japan. So Nazi Germany, Japan's Axis Allie, Declared war on the USA.
- The consequences were very great and other countries were involved. Including England.
- Japan Lost the war. This was because of a submarine blockade of the Japanese islands, this brought economic defeat by preventing exploitation of Japan's new colonies, sinking merchant tonnage and convincing the leaders of the hopelessness of the war.
- They lost their rights and authority
- This happened Because the USA had more solders fighting, they were able to overpower Japan

Did the Event change anything in the world?

It was an important turning point in the Pacific campaign, the victory allowed the United States and its allies to move into an offensive position.

Why is this event important?

This marked a turning point in the war. And allowed the Allies to be seen at the stronger side.

What else was going on in the world

The entire world was at war, at this time. Some key things that happened.

The nuclear bomb was dropped on Hiroshima

50 Nations signed the United Nations charter, creating the United Nations.

Key individuals

- Franklin Roosevelt- USA President
- Winston Churchill- British Prime Minister
- Chiang Kai-Shek- Was a Chinese leader who led a sustained and desperate resistance
- Emperor Hirohito- Emperor of Japan
- There are so many more people, but it was too many to type up

How was this event recorded?

It is a large part of War History, you can find information everywhere, online, in books, and for myself from my Family and my grandads photo album from the Pacific war

My Great Grandad Lawson

- My Great Grandad Lawson, was in the Navy, he was on the anti- aircraft guns on HMS Indomitable. He shot down one of Four Kamikaze aeroplanes that were attacking the ship
- I have a lovely album of pictures he took whilst onboard the aircraft carrier. He was presented with the Pacific Star for his dedication to that battle along side many other medals. The pictures I have included are taken by my Great Grandad.

*This Year 7 student produced
an outstanding account
regarding WW2 and his
Great Grand Father's medals
(On the next page)*

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Indomitable



View from air
craft whilst
flying



Great
Grandad's
Medals



The Japanese
Surrendering
to the Captain
of
Indomitable.

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Today – 11:03

Sunday Morning Run



9.01

Kilometres

7'30" 1:07:34 565
Pace Time Calories

70 m -- ♡ 155
Elevation Avg. Heart Cadence
Gain Rate

England, United Kingdom

my dad ran 4k
i ran 5k



Enrichment Homepage:

<https://www.uvhs.uk/ks3-learning-through-enrichment>

Photo	What did you have to do for this activity?	Was this a family task? Did anyone help you or take part?
	Play golf and got picked to be in the junior golf sixties league	No - but need parents to go round course with you till you're 12
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
Good	If you like hitting small balls with clubs!	Cricket and rounders