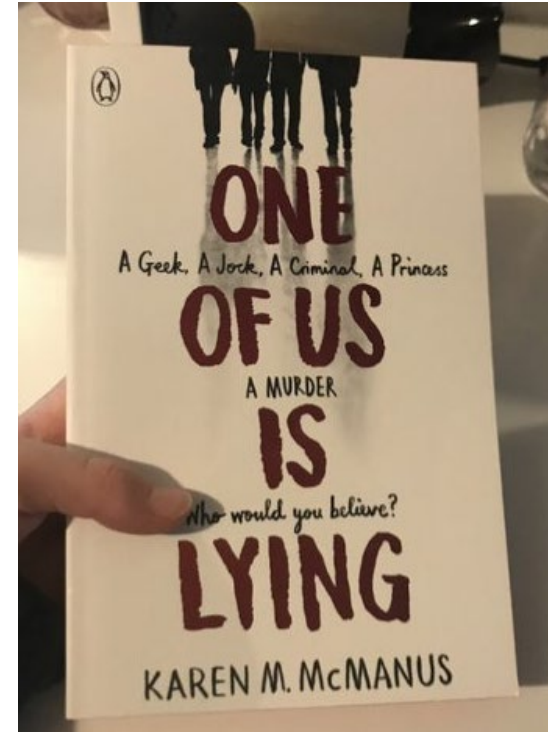


Year 8
Enrichment
Week 5



What enrichment activities have Y9 been up to this week?



What enrichment activities have Y9 been up to this week?



**Well Done
Year 8!**



15 mins fitness
22/02/2021 Warmed up to Afterparty
25/02/2021

- B - 15 star jumps
- R - 10 KICKS
- E - 10 Kneec high
- T - 10 Squats
- T - 10 Squats
- S - 10 punches
- A - 15 ab crunches
- N - 10 star jumps
- D - plank for 10 seconds
- E - 10 High Knees
- R - 10 KICKS
- S - 10 Punches

1	1												
2	1	1											
4	1	2	1										
8	1	3	3	1									
16	1	4	6	4	1								
32	1	5	10	10	5	1							
64	1	6	15	20	15	6	1						
128	1	7	21	35	35	21	7	1					
256	1	8	28	56	70	56	28	8	1				
512	1	9	36	84	126	126	84	36	9	1			
1024	1	10	45	120	210	210	120	45	10	1			
2048	1	11	55	165	330	462	462	330	165	55	11	1	
4096	1	12	66	220	495	792	924	792	495	220	66	12	1

Each row doubles as you go down the pyramid. The boxes on the outside of the pyramid will always be 1 as there are no boxes above them. The pattern of the pyramid is symmetrical. Each box is the sum of the 2 boxes it touches above.

