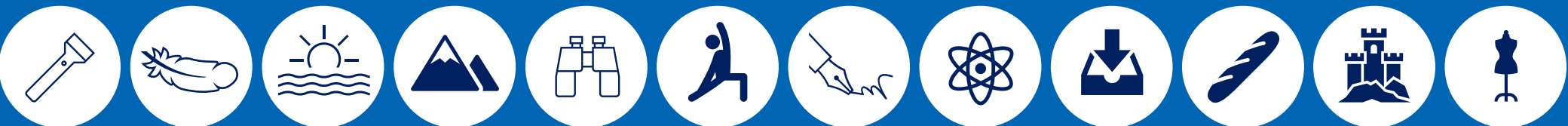


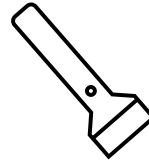
# UVHS Learning Through Enrichment

Week Two  
25<sup>th</sup> April to 1<sup>st</sup> May





## Shadow Characters



### Task:

- ✓ Choose an object and place it on a piece of white paper.
- ✓ Shine a light around it until you see a fun and interesting shadow shape.
- ✓ Use a pen to turn it into a character.
- ✓ Let your imagination run wild!
- ✓ Take a photo and share it on Teams!



# UVHS Learning Through Enrichment



## Feed The Birds

Feeding birds from your hand requires **patience** and **perseverance**

This isn't a project to complete in a few minutes, a few hours or even a few days, but it is **very rewarding**.

**Day 1-3** : Put food out for the birds and **watch them eat**.

**Day 4** : Put out food and **sit outside** watching the feeding birds.

**Day 5-6** : **Move** your seat **closer** to where the birds are feeding.

**Day 7** : Remove most of the normal bird food and sit with **food on your hand** close to where they normally feed. **Be patient!**



Feeding a Chaffinch from my hand during a picnic



My mum feeding a Robin



**Advanced Techniques**  
My wife and I feeding Red Squirrels



Recommended by: Mr Nayler



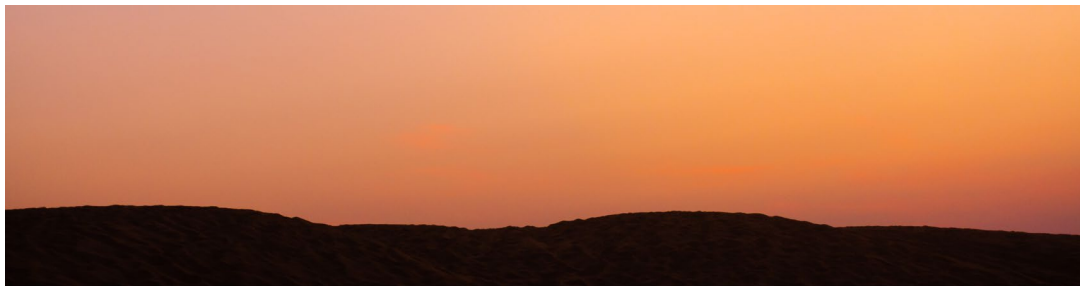
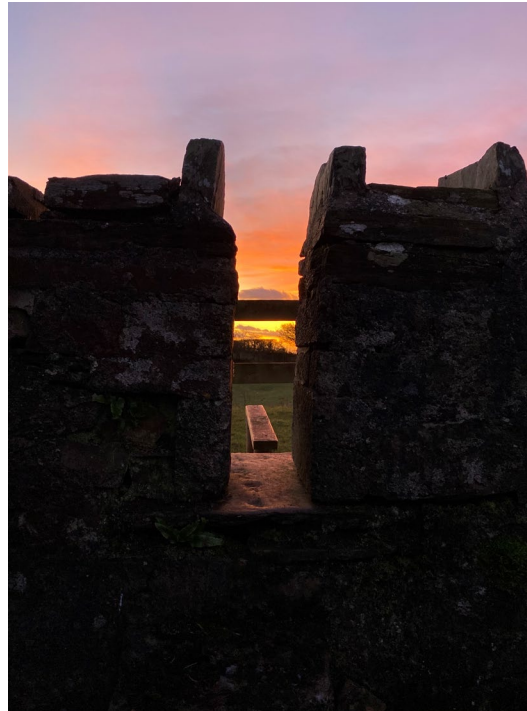
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## Sunset Skies!

There is one big bonus to winter and that is the crisp, cold air! At this time of year, it is a lot easier for us to appreciate sunset and these are some photos taken from my garden on my phone. If you're more of an early bird than a night owl, why not try and watch the sunrise and see if you can get a photo of that too or even just enjoy a mindful moment!



Recommended by: *Mrs Ford*



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# UVHS Learning Through Enrichment



## Get outside!

- ✓ Geography is about learning about the world in which we live and we live in a beautiful part of the world!
- ✓ So get outside (go for a local walk, a run, or a cycle ride with your families).
- ✓ When you are out and about take a moment to appreciate your surroundings – perhaps experiment with the camera settings on your phone and take some artistic shots – my attempt at being artistic is on the right.
- ✓ You could even link what you see to what you are learning in Geography at the moment!
- ✓ Have fun!



**Hopefully Mr Reader's masterpiece above inspires you to grab your camera and just have a go at geography photography!**



Recommended by: *Mr Reader*



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# UVHS Learning Through Enrichment



## Garden Bird Explorer



### Garden bird detective

Why not explore the wildlife in your **garden** or local park?

The majority of birds are here all year, so have a look and see if you can spot any of these today!



[www.wildlifewatch.org.uk](http://www.wildlifewatch.org.uk)

Pictures: Chaffinch, Blue tit, Goldfinch and Great tit (c) Amy Lewis / Greenfinch (c) Gillian Day / House sparrow (c) Stewart McDonald / Blackbird (c) Neil Aldridge / Collared dove (c) Ian Rose / Starling (c) Margaret Holland / Wood pigeon (c) Steve Waterhouse



Recommended by: *Mr Nayler*



Don't forget to share your progress on Teams 😊

# UVHS Learning Through Enrichment



## 20 Minute Stretch

Grab a mat and get ready to get long and lean! This workout helps build muscle strength and increase flexibility. A regular stretch routine will also help reduce stress levels.

Hold each move for 40 seconds and take a 20 second break in between. Tone your entire body by doing it at least 3 times per week.

1. Forward Bend
2. Chair Pose
3. Downward Facing Dog
4. Dolphin Pose
5. One Leg Downward Facing Dog (Left)
6. One Leg Downward Facing Dog (Right)
7. Camel Pose
8. Cobra Pose
9. Upward Facing Dog
10. Forearm Plank
11. Side Forearm Plant (Left)
12. Side Forearm Plant (Right)
13. Bridge Pose
14. Warrior 1 (Left)
15. Warrior 1 (Right)
16. Warrior 2 (Left)
17. Warrior 2 (Right)
18. Warrior 3 (Left)
19. Warrior 3 (Right)
20. Triangle Pose (Left)
21. Triangle Pose (Right)
22. Tabletop
23. Child's Pose
24. Corpse Pose



Recommended by: *Miss Dixon*



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# UVHS Learning Through Enrichment



## Historical Fiction Writing



Chose a specific event, period or individual as a focus and create a story around it. It is often helpful if it is linked to a topic or period that you have studying. Remember to ensure your history is really accurate.

### Helpful Hints!

Use historical description, terminology and vocabulary to build up the sense of period hopefully bringing a three dimensional feel for the topic – through describing the setting, colours, smells, sounds, noises, food and so on.

Why not look for a more unusual setting rather than opting for World War II or the Tudors. Could you make an ancient civilisation come to life?

Remember the techniques of good story-writing – building a strong central character, creating empathy with the reader, using descriptive adjectives. One's aim should be for the reader always to want to know what happens next.

Humour is often useful, as is adding dilemmas, different viewpoints or tension. It can all help add colour.

**More information and examples from previous years can be found:**

<https://www.history.org.uk/secondary/categories/531/news/3451/write-your-own-historical-fiction-competition-2022>



Recommended by: Mrs Fairclough



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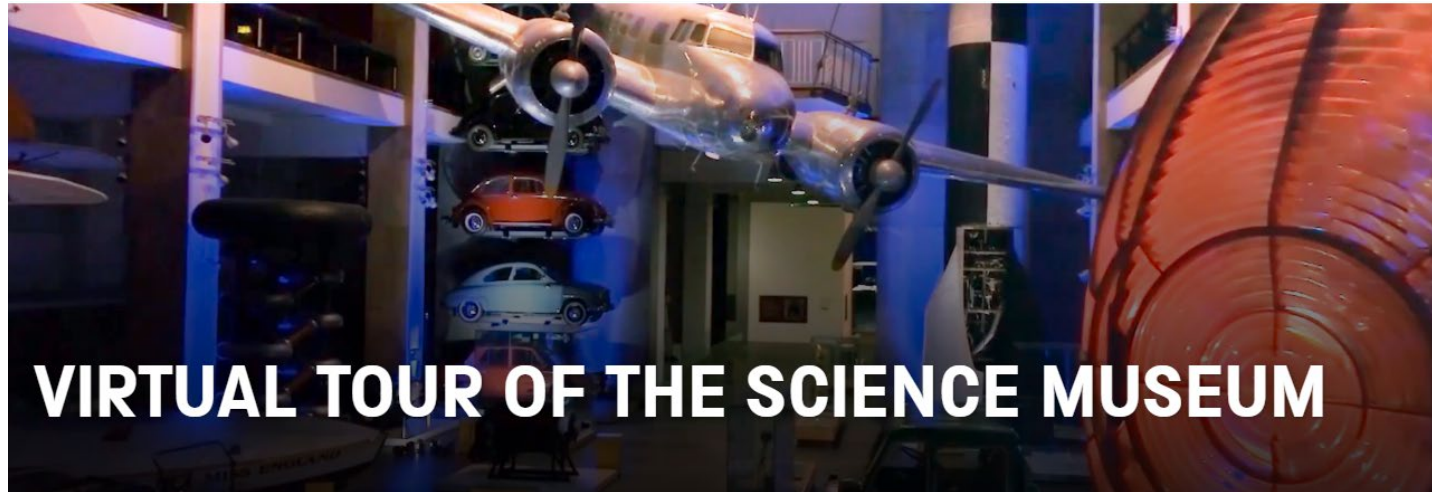
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## Science Museum



Mr Gannon says: Take a virtual tour of the museum using Google Street View or get the curator to give you a guided tour. Have fun finding out about Science, Maths or Engineering!



<https://www.sciencemuseum.org.uk/virtual-tour-science-museum>



Recommended by: *Mr Gannon*



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# UVHS Learning Through Enrichment



## GSK Careers Quiz

Using the link below have a go at the GSK Careers Quiz:

[https://www.gskstemeducation.com/student-zone?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=Feb\\_Subject\\_StudentZone](https://www.gskstemeducation.com/student-zone?utm_source=newsletter&utm_medium=email&utm_campaign=Feb_Subject_StudentZone)



**It's in your GSK**

Careers ⌚ 10 minutes

**Take quiz** >



Recommended by: *Miss Dixon*



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# UVHS Learning Through Enrichment



## Focaccia Art!



**Who knew art  
could taste so good?!**

Why not try using Mrs Ford's go-to super easy and highly recommended Focaccia bread recipe and decorate with toppings of your choice to create a piece of beautiful, edible baked art!

<https://www.bbcgoodfood.com/recipes/focaccia>

Images courtesy of Vineyard Baker.  
For further recipes and inspiration,  
please see her website!

<https://www.vineyardbaker.com>



Recommended by: *Mrs Ford*



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# UVHS Learning Through Enrichment



## Castle Junk Modelling

You have spent time in history talking about different types of castles, for example:

- Motte and Bailey
- Square Keep
- Square Tower
- Round Tower
- Castle palaces



Now, how about trying to build your own replica using items that you have around the home?



You may want to think about features such as:

- Gatehouse
- Moat
- Curtain Walls
- Drawbridge
- Keep



Recommended by: *Mrs Fairclough*



Don't forget to share your progress on Teams 😊

# UVHS Learning Through Enrichment



## Fashion Design With Food!

- ✓ You are going to create fashion design ideas using food.
- ✓ Dry food works well as it will stick to your paper and not ruin the remainder of your design
- ✓ Examples of ideal foods to use are: Dried fruit, cereals, pulses, paste and rice.
- ✓ You can use the exemplar fashion template for you to create your design onto, or you can draw your own.
- ✓ There are lots of these on the internet and Pinterest to inspire you too!
- ✓ These can be combined or kept separate to create the garment.
- ✓ How many ideas can you create?
- ✓ Could you create a whole capsule collection with these?



‘A capsule collection is essentially a condensed version of a designer’s vision, often limited edition.’



Recommended by: Mrs Hine-Johnson



Don't forget to share your progress on Teams 😊